

## Special Issue

# Role of Mediterranean Herbs and Spices in Human Health

### Message from the Guest Editors

Herbs, spices, and plants are frequently used by people in the Mediterranean basin. Recently, there is great interest in the dietary use of Mediterranean herbs and spices for the sensory property improvement in foods and for their beneficial effect on human health.

Mediterranean herbs and spices contain a high quantity of bioactive compounds, such as anthocyanins, flavonoids, phenylpropanoids, and terpenes, and may exert antioxidant, anti-inflammatory, anti-carcinogenic, or anti-diabetic activities. Moreover, the addition of herbs and spices to food products is suggested as a strategy for the improvement of flavor perception in patients with gustatory and olfactory dysfunctions. The aim of this Specific Issue is to extend the current knowledge on the health benefits of traditional culinary and medicinal Mediterranean herbs and spices. For this purpose, we invite colleagues to share their recent research on this topic. Original research articles, review articles, and short communications are invited.

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### Guest Editors

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### Deadline for manuscript submissions

30 November 2024



## Nutrients

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### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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