

Special Issue

Plant-Derived Bioactive Polyphenols, Polysaccharides, Proteins, and Peptides, and Their Health Benefits

Message from the Guest Editors

Consumers are becoming increasingly aware of the benefits provided by plant-based diets beyond basic nutrition. Bioactive polyphenols, polysaccharides, proteins, and peptides are seen as the main reason for the beneficial effects of plant-based foods due to their various biological activities obtained from the findings of in vitro and in vivo studies, including antioxidant, anti-inflammatory, antidiabetic, anti-obesity and lipid-lowering, and anticancer activities. In addition, these functional components might evade the digestion of the upper gastrointestinal tract, thus reaching the intestine intact to interact with the gut microbiota. In this context, the gut microbiota can convert bioactive components into microbial-derived metabolites, which promote the health of the host by targeting tissues and gut microbiota. We are inviting contributions from scholars working on the health benefits of plant-derived bioactive polyphenols, polysaccharides, and peptides, including their molecular mechanisms and potential prebiotic activity in human diseases. Contributions can be original research articles or up-to-date reviews (systematic reviews and meta-analyses).

Guest Editors

Dr. Dianzhi Hou

School of Food and Health, Beijing Advanced Innovation Center for Food Nutrition and Human Health, Beijing Technology and Business University, Beijing 100048, China

Prof. Dr. Sumei Zhou

School of Food and Health, Beijing Advanced Innovation Center for Food Nutrition and Human Health, Beijing Technology and Business University, Beijing 100048, China

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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