

## Special Issue

# Nutrigenomics and Biological Rhythms: Impact on Human Health

### Message from the Guest Editors

Organisms exhibit biological rhythms to adapt to the environment, such as daily and seasonal light changes. Biological rhythms, which include circadian and circannual rhythms, are closely related to metabolism and health status. For example, it is known that blood pressure, circulating levels of leptin, prolactin and insulin response varies according to season. Actually, alterations of the rhythms, such as shift work or social jetlag, are linked to metabolic disorders. Therefore, in order to maintain optimal health, it is necessary to keep rhythms under control. In this sense, the intake of nutrients can modulate biological rhythms. Moreover, in recent years, the relation of nutrition and rhythms has been clearly stated. Within this framework, nutrigenomics play a crucial role in evaluating the impact of food or their components on the regulation of biological rhythms and their metabolic consequences. In this Special Issue, we welcome cross-sectional animal or human studies that evaluate the molecular mechanisms that explain the relationship between nutrition and biological rhythms and their impact on health.

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### Guest Editors

Dr. Anna Arola-Arnal

Nutrigenomics Research Group, Departament de Bioquímica i Biotecnologia, Universitat Rovira i Virgili, 43007 Tarragona, Spain

Dr. Manuel Suárez Recio

Nutrigenomics Research Group, Department of Biochemistry and Biotechnology, Universitat Rovira i Virgili, 43007 Tarragona, Spain

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### Deadline for manuscript submissions

closed (20 July 2022)



## Nutrients

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*Nutrients*

MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

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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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### 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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