

## Special Issue

# Novel Insights into Dietary Polyphenols and Obesity

### Message from the Guest Editors

According to the World Health Organization, obesity prevalence has reached epidemic proportions globally in recent years, leading to at least 2.8 million deaths annually. Indeed, obesity is no longer associated only with high-income countries but also with low- and middle-income countries. Therefore, further investigations seeking alternatives to prevent obesity are needed. Dietary polyphenols are a large group of bioactive phytochemicals that have been reported to exert several health benefits, including protective effects against obesity and the development of obesity-related pathologies. Thus, several publications have shown that these phenolic compounds can reduce body weight and fat depot accumulation, improve glucose homeostasis, or decrease fasting and postprandial dyslipidemia, among others. However, the mechanisms involved are not yet fully understood, and more studies are required. In this Special Issue, we aim to summarize the most recent research regarding dietary polyphenols and their potential to prevent obesity and related disorders in both human and animal models. Original research and reviews are welcome.

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### Guest Editors

Dr. Cristina Torres-Fuentes

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

Dr. Anna Arola-Arnal

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

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### Deadline for manuscript submissions

closed (20 January 2023)



## 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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