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Polyphenols in Foods and their Function in Disease Prevention

Guest Editor:

Prof. Dr. Joe Vinson

Department of Chemistry,
University of Scranton, Scranton,
PA, USA

Deadline for manuscript
submissions:

closed (15 March 2019)

Message from the Guest Editor

Among foods, plant foods are especially good for providing essential nutrients. However, in intervention studies, single nutrients, such as vitamins or minerals given as pure substances, are not found to be preventative. Recently, the focus has been on a class of compounds known as polyphenols, which are not nutrients and that are found in high quantities in the highly-disease-preventative “Mediterranean Diet”. This Special Issue will focus on polyphenols and especially their metabolites and the mechanism by which they prevent chronic diseases, such as heart disease, diabetes, cancer, and Alzheimer’s disease.



mdpi.com/si/14229

Special Issue



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Editor-in-Chief

Prof. Dr. Arun K. Bhunia

1. Department of Food Science,
Purdue University, West
Lafayette, IN, USA

2. Department of Comparative
Pathobiology (Courtesy), Purdue
University, West Lafayette, IN,
USA

Message from the Editor-in-Chief

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Contact Us

Foods Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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