



## Edible Plants and Their Components as Functional Foods Promoting the Health of the Gut Barrier

Guest Editors:

**Dr. Stefano Piazza**

Department of Pharmacological  
and Biomolecular Sciences  
“Rodolfo Paoletti”, University of  
Milan, 20133 Milan, Italy

**Dr. Paolo Governa**

Department of Biotechnology,  
Chemistry and Pharmacy,  
University of Siena, 53100 Siena,  
Italy

Deadline for manuscript  
submissions:

**30 November 2024**

### Message from the Guest Editors

Dear Colleagues,

Edible plants are sources of macromolecules, vitamins, minerals, and functional compounds, engaged in either homeostatic or pathological processes. These food components interact with gut barrier, which plays a crucial role in homeostasis. For instance, polyphenols and fibers are known to modulate the diverse functions of the gut epithelia, such as the biological barrier, immunity, antioxidant defense, and nutrient transport.

Therefore, this Special Issue will gather the most recent findings concerning the compositions of edible plants and derived ingredients with potential roles as functional foods that protect the gut barrier. Collecting novel evidence should prompt the development of innovative functional food and nutraceuticals.

The Special Issue welcomes articles and reviews concerning the following topics:

- The compositions of edible plants with renewed interest as functional foods;
- The formulation and oral delivery of food ingredients from edible plants;
- The fates of edible plants and their components at gut level;
- The biological roles of edible plants in the gut barrier.





# *nutrients*



an Open Access Journal by MDPI

## 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

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

**Journal Rank:** JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

## Contact Us

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

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/nutrients](http://mdpi.com/journal/nutrients)  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)  
[X@Nutrients\\_MDPI](https://twitter.com/Nutrients_MDPI)