



*nutrients*



an Open Access Journal by MDPI

## The Health Benefits of Nutritional Composition in Functional Foods

Guest Editor:

**Dr. Kalliopi Georgakouli**

Department of Nutrition and  
Dietetics, University of Thessaly,  
42132 Trikala, Greece

Deadline for manuscript  
submissions:

**15 August 2024**

### Message from the Guest Editor

Functional foods are thought to provide health benefits beyond basic nutrition as they are high in bioactive compounds that exert beneficial health effects. They typically contain high amounts of important nutrients, vitamins, minerals, amino acids, healthy fats, fibre, polyphenols, or other nutrients that increase their nutritional value. The increased consumption of a variety of functional foods can protect against nutrient deficiencies and contribute to the prevention or treatment of various diseases, including cardiovascular diseases, obesity, diabetes, neurodegenerative diseases, and cancer. As the interest of consumers of functional foods has grown and non-pharmacological treatments have become more essential, demands for evidence-based information about the nutritional composition and health benefits of functional foods have emerged.

We are pleased to showcase original research, study protocols, short communications, brief reviews, and reviews (including systematic reviews and meta-analyses) on the nutritional composition and health benefits of functional foods in the prevention or treatment of non-communicable diseases.



[mdpi.com/si/191312](https://mdpi.com/si/191312)

**Special** Issue



# *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*)

## 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.

## 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)