



## **Dietary Intake of Phytochemicals, Gut Microbiota and Appetite Control**

Guest Editors:

**Prof. Dr. Emad Al-Dujaili**

Centre for Cardiovascular  
Science, Queen's Medical  
Research Institute, University of  
Edinburgh, 47 Little France  
Crescent, Edinburgh EH16 4TJ,  
UK

**Dr. Catherine Tsang**

Department of Applied Sciences,  
Northumbria University,  
Newcastle upon Tyne, UK

Deadline for manuscript  
submissions:

**5 December 2024**

### **Message from the Guest Editors**

Dear Colleagues,

The multi-functional potential of natural products, particularly plant phytochemicals, includes optimising physiological functions, modulating immune responses and the gut microbiota, influencing epigenome activity, enhancing stress adaptation, and impacting body system pathophysiology. Functional foods and supplements have been found to reduce the risk of chronic diseases, such as coronary heart disease, stroke, type 2 diabetes, obesity, neurodegenerative disorders, and some cancers. The biological actions of diet and its active natural components have been mainly attributed to their multiple actions affecting various cellular and hormonal pathways.

This Special Issue will collate recent high-quality research in the field of appetite regulation, the gut microbiota, and the probiotic actions of phytochemicals, focusing on the investigation of gut-related mechanisms in relation to functional foods, including gut hormones, gastrointestinal motility, gut-brain communication, and the roles of diet and the microbiome. Both original research articles and reviews (clinical and preclinical) as well as animal research work are welcome.





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 and Dietetics) / CiteScore - Q1 (Food Science)

## Contact Us

---

*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI