



Dietary Patterns, Food Intake, Nutrients and Physical Activity with Anti-inflammatory Properties

Guest Editor:

Dr. Pedro Gonzalez-Muniesa

1. Department of Nutrition, Food Sciences and Physiology / Centre for Nutrition Research, University of Navarra, 31008 Pamplona, Spain

2. CIBERObn Physiopathology of Obesity and Nutrition, Centre of Biomedical Research Network, ISCIII, Madrid, Spain

3. IDISNA, Navarra's Health Research Institute, Pamplona, Spain

Deadline for manuscript submissions:

closed (31 May 2021)

Message from the Guest Editor

Dear Colleagues,

Inflammation is a physiological process with an undoubtedly relevant role. Unfortunately, it also has a dark side. For example, this process in its pathological form (usually when it is chronified) is involved in Metabolic Syndrome, Type 2 diabetes, Cardiovascular diseases, Obesity, Cancer, and even Aging.

Many factors have been thoroughly studied. For example, a dietary pattern world-wide recognised to be anti-inflammatory would be the Mediterranean Diet. Furthermore, a diet which restricts intake but maintains good quality has been linked with lower oxidative stress. In addition, nutrients such as the famous Omega-3 seem to modulate several pathways exerting beneficial actions counteracting inflammation's deleterious effects. Interestingly, physical activity has been linked to both sides of the inflammation issue, requiring further analysis of its mechanisms of action.

We would welcome articles that shed some light in any or several of these areas, or other ones, preferentially in human beings, but animals and cell culture will also be accepted, as well as basic and applied research.

Dr. Pedro Gonzalez-Muniesa

Guest Editor





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 (Nutrition and Dietetics)

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