



## Virgin Olive Oil and Health

Guest Editors:

### **Prof. Dr. Franz Martín**

1. Centro Andaluz de Biología Molecular y Medicina Regenerativa (CABIMER), Universidad Pablo Olavide, Seville, Spain  
2. Centro de Investigación Biomédica en Red de Diabetes y Enfermedades Metabólicas Asociadas (CIBERDEM), Madrid, Spain

### **Dr. Javier S. Perona**

Department of Food and Health, Instituto de la Grasa-CSIC, Campus of the University Pablo de Olavide, 41013 Seville, Spain

Deadline for manuscript submissions:

**closed (15 March 2022)**

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

The health benefits observed after VOO consumption are associated with its nutritional components, in particular monounsaturated fatty acids (MUFAs), but also minor components, including (poly)phenols, sterols, tocopherols, and terpenoids. The molecular and cellular mechanisms underlying the beneficial effects of VOO are mainly the antioxidant and anti-inflammatory properties. However, there are probably more mechanisms of action involved in VOO health effects.

Although great progress has been made in this research field, many issues have yet to be clarified, for example, the design of more interventional studies with VOO, the evaluation of the benefits of VOO as a sole food ingredient and not in the context of the Mediterranean diet, the amount of VOO intake that could be considered beneficial, the identification of novel components with healthy properties, and the knowledge of new mechanisms of action among others.

We aim to publish studies dealing with the role of VOO intake in human health and its mechanisms of actions. Reviews, meta-analyses, observational studies, intervention trials, experimental research, and mechanistic studies are all welcome.





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## 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

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

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