

## Special Issue

# Plant-Based Diets, Nutraceuticals and Bioactive Foods: An Innovative and Sustainable Approach for the Prevention and Treatment of Menopausal Metabolic Syndrome

### Message from the Guest Editor

The goal of this Special Issue of *Nutrients*, entitled “Plant-based Diets, Nutraceuticals and Bioactive Foods: An Innovative and Sustainable Approach for the Prevention and Treatment of Menopausal Metabolic Syndrome”, is to highlight novel research findings on plant-based diets as source of bioactive foods and nutraceuticals that could represent an innovative and sustainable approach for the prevention and treatment of menopausal MetS. We welcome the submission of original research articles, reviews, and mini-reviews focusing on, but not limited, to the following topics: animal and clinical studies of plant-based diets and their micronutrients, as well as their influence on relevant health outcomes; synergistic or antagonistic action between different bioactive foods or nutraceuticals present in plant-based diets on neuroendocrine-immune system modulation and gut microbiota dysbiosis; and plant-based diets and their minor components as an example of “sustainable innovation”.

### Guest Editor

Prof. Dr. Herbert Ryan Marini  
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### Deadline for manuscript submissions

closed (25 August 2023)



## Nutrients

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### 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.

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### Editors-in-Chief

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