

Special Issue

Functional Foods and Sustainable Health

Message from the Guest Editors

Dietary habits constitute a modifiable factor of pivotal importance and a balanced dietary pattern incorporating functional foods can significantly contribute to the achievement of sustainable health. Functional foods have gained increasing interest from consumers due to their promising positive effects on one or more target functions in the body. The aim of this Special Issue is to present state-of-the-art contributions discussing the role of functional foods in health sustainability. High-quality original research articles and up-to-date review papers regarding the use of functional foods for the prevention and management of chronic diseases and healthy aging, such as (but not limited to) diabetes, obesity, hyperlipidemia, cognitive function, dementia and Alzheimer's disease, are within the scope of this issue. Studies investigating the underlying mechanisms connecting functional foods/ingredients with beneficial effects on target body functions are encouraged. Papers regarding the production of functional foods with innovative technologies and minimizing environmental impact are also very welcome.

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About the Journal

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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