



nutrients



Special Issue Reprint

Dietary Polyphenols and Human Health

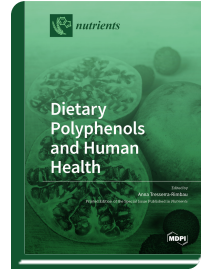
www.mdpi.com/books/reprint/3241

Edited by

Anna Tresserra-Rimbau

ISBN 978-3-03943-793-1 (Hardback)

ISBN 978-3-03943-794-8 (PDF)



Polyphenols are a heterogeneous group of bioactive compounds mainly found in plant-based foods. Numerous clinical and epidemiological studies have led to the result that polyphenol intake may protect against chronic diseases such as cardiovascular and neurodegenerative diseases, cancer, or type 2 diabetes, to name some. Polyphenol intake estimation can be obtained through food frequency questionnaires and nutritional biomarkers, both having their own advantages and disadvantages. Although the association between these bioactive compounds and health seems irrefutable, many questions remain still unanswered. For instance, more studies are needed to identify possible interactions and effect-modulating variables, such as smoking habit, body mass index, sex, alcohol, hormones, other foods, etc. Moreover, intestinal microbiota seems to play an important role in the metabolism of polyphenols, but it is still unclear how.



Order Your Print Copy

You can order print copies at

www.mdpi.com/books/reprint/3241

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.



Open Access

Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.



Author Focus

Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.



High Quality & Rapid Publication

MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.



High Visibility

Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), and the Verzeichnis Lieferbarer Bücher (VLB).



Print on Demand and Multiple Formats

MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.