

Tentative Outline

Special Thematic Issue for the journal *MicroRNA*

MicroRNA in exercise and nutrition

Guest Editor: Dr. Roberto Cannataro

Scope of the Thematic Issue:

Scope of the Thematic Issue: provide an overview of the state of the art and current scientific literature on the relationship between miRNA, nutrition, and exercise. In particular, how diet affects miRNAs in particular when combined with physical exercise, or in particular conditions of life (ie: lactation). Showing how some supplements or nutraceuticals can vary the expression and action of miRNAs; finally, a discussion on muscle miRNAs, myomir, also seen as possible biomarkers

Keywords:

Myomir, nutrition, nutraceutical, nutritional supplements, sport, exercise, biomarker.

Sub-topics:

The sub-topics to be covered within the issue should be provided:

1. miRNA regulation via diet
2. miRNA regulation via nutraceuticals and nutritional supplements
3. miRNA and exercise: myomir
4. Combination of diet and exercise and miRNA
5. miRNA as novel biomarker
6. miRNA as a possible nutraceutical.

Tentative titles of the articles:

1. Instead of Calories, should we be counting our consumption of plant Exosomes?
2. Bioinformatics analysis to discover a convergent microRNA network modulating the improvement in exercise adaptations after nutritional supplementation.
3. MicroRNA-based biomarkers: new non-invasive diagnostic overtures in the assessment and regulation of physiological mechanisms in endurance training.
4. Ketogenic diet and miRNA: what's new?
5. Nutritional supplements in sport: how they act on miRNA profile.
6. Small non-coding RNA in plants: from science to innovative applications.
7. Polyphenols and miRNA: what's the link?

Schedule:

Thematic issue submission deadline: November 2022.

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