



## Impact of Processing on Antioxidant Rich Foods - 2nd Edition

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### Message from the Guest Editors

Food is processed to make it safe, to make its shelf-life more stable, and to make it more desirable. Despite these benefits, processing can also affect the nutritional quality of foods, with particular reference to bioactive compounds. Processing temperature and time substantially impact food product composition and storage as well as extrusion, fermentation, germination, and milling. Dietary antioxidants include nutrient and non-nutrient compounds. The major nutrient antioxidants are vitamins and fatty acids, whereas non-nutrient antioxidants include polyphenols, flavonoids, iridoids, and carotenoids. Antioxidants help to prevent the occurrence, development, and progression of several diseases. The introduction of natural antioxidants via antioxidant-foods-rich diet has been found to be a promising strategy to counteract the undesirable effects of oxidative stress. The aim of this Special Issue is to collect and discuss the impact of conventional and innovative processing, including processing that involves food packaging strategies to retain an adequate level of antioxidants in foods.





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## Message from the Editor-in-Chief

It has been recognized in medical sciences that in order to prevent adverse effects of "oxidative stress" a balance exists between prooxidants and antioxidants in living systems. Imbalances are found in a variety of diseases and chronic health situations. Our journal *Antioxidants* serves as an authoritative source of information on current topics of research in the area of oxidative stress and antioxidant defense systems. The future is bright for antioxidant research and since 2012, *Antioxidants* has become a key forum for researchers to bring their findings to the forefront.

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