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## Anti-inflammatory and Anti-obesity Properties of Food Bioactive Components

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### Message from the Guest Editors

Obesity is closely related to the occurrence of chronic low-grade inflammation. Even though its intensity is not high, the fact that the inflammation persists all the time is extremely unfavorable and destructive for the human body. Reducing one's body weight, i.e., reducing obesity, and thus, chronic inflammation, can be greatly achieved thanks to a proper diet rich in compounds with anti-inflammatory and anti-obesity properties.

Food bioactive components are the basic nutrients or non-nutritive compounds that naturally occur in raw materials subjected to a technological process which strengthen, weaken or modify the physiological and metabolic functions of the body.

In this Special Issue, we aim to gather the latest scientific data both in the form of original research manuscripts and reviews relating to the anti-inflammatory and anti-obesity properties of compounds known as Food Bioactive Components (FBC) and the relationships between the presence and level of FBC content in food, their daily consumption and effectiveness in the fight against obesity and chronic inflammation.



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# Special Issue



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