

Special Issue

Oxidative Stress, Diet and Chronic Disease

Message from the Guest Editors

As you well know, oxidation is a process inherent to life. Oxygen allows us to breathe and helps the human body to perform many functions. However, it is also the cause of certain harmful effects, such as oxidative stress. Oxidative stress, an imbalance between the production of reactive oxygen species and antioxidant compounds and molecules, has been associated with chronic diseases (diabetes, eye diseases, heart disease, cancer, kidney diseases, respiratory diseases, etc.). Free radicals cause alterations in lipids, proteins, fatty acids, and nucleic acids, leading to cell death by apoptosis. A proper diet can help to combat oxidative stress by incorporating foods high in antioxidants. Nevertheless, it is necessary to properly design the diet since some foods that contain antioxidants also contain pro-oxidant compounds, so their consumption could be counterproductive to combat oxidative stress. This Special Issue on "Oxidative Stress, Diet and Chronic Disease" aims to collect original articles and systematic reviews on oxidative stress and risk of chronic disease, as well as dietetic interventions to reduce the harmful effect of oxidative stress.

Guest Editors

Dr. Vicente C. Zanon-Moreno

Faculty of Health Sciences, International University of Valencia, 46002 Valencia, Spain

Dr. Vicente Andreu-Fernández

Faculty of Health Sciences, International University of Valencia, 46002 Valencia, Spain

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Antioxidants
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
antioxidants@mdpi.com

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About the Journal

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.

Editor-in-Chief

Prof. Dr. Alessandra Napolitano

Department of Chemical Sciences, University of Naples “Federico II”,
Via Cintia 4, I-80126 Naples, Italy

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