Special Issue

Antioxidant Potential of the Mediterranean and Ketogenic Diets

Message from the Guest Editor

The Mediterranean diet, common in countries around the Mediterranean Sea, focuses on plant-based foods, along with moderate amounts of fish, dairy, and red wine. The Ketogenic diet is a high-fat, low-carbohydrate diet that shifts the body into ketosis, where fat is burned for energy instead of glucose. Although they differ in composition, both the Mediterranean and Ketogenic diets have shown strong potential in reducing oxidative stress—a key factor in aging and chronic disease. This Special Issue welcomes original research articles, reviews, and communications that investigate the antioxidant mechanisms of the Mediterranean and Ketogenic diets. Submissions may explore their effects at the molecular, cellular, or systemic levels, including but not limited to pathways related to oxidative stress, inflammation, mitochondrial function, and redox homeostasis. Studies focusing on the roles of these diets in preventing or managing chronic diseases, such as cardiovascular disease, metabolic syndrome, neurodegenerative disorders, and cancer, are particularly encouraged. Comparative analyses and interdisciplinary approaches are also of interest.

Guest Editor

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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.

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