

## Special Issue

# Impact of Processing on Antioxidant Rich Foods

### Message from the Guest Editors

Food is processed in order 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 compounds that are able to exert antioxidant activity. Dietary antioxidants include nutrient and nonnutrient compounds. The major nutrient antioxidants are vitamins and fatty acids, whereas nonnutrient antioxidants include polyphenols, flavonoids, iridoids, and carotenoids. Antioxidants help to prevent the occurrence, development, and progression of several diseases (including cancer, and cardiovascular and neurodegenerative disease). 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 focus of this Special Issue is to collect and discuss the impact of conventional and innovative processing to retain an adequate level of antioxidants in foods or strategies to limit their loss. We look forward to your contribution.

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### Guest Editors

Dr. Monica Rosa Loizzo

Department of Pharmacy and Health and Nutritional Sciences,  
University of Calabria, 87036 Arcavacata di Rende, Italy

Prof. Dr. Rosa Tundis

Department of Pharmacy, Health and Nutritional Sciences, University of Calabria, Via P. Bucci, Edificio Polifunzionale, 87036 Arcavacata, CS, Italy

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### Deadline for manuscript submissions

closed (20 March 2022)



## Antioxidants

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

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### 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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