



## Antioxidants in Foods: From Properties to Applications

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### Message from the Guest Editors

In recent years, there has been a growing interest in natural antioxidants and substances with antioxidant properties, reducing or preventing the harmful effects of free radicals. The compounds involved in antioxidant defence include endogenous and exogenous antioxidants, which form a kind of a shield system for the body, protecting it against the negative effects of oxygen radicals. Plant extracts also lend themselves to applications in the agri-food industry, to inhibit the development of pathological microorganisms in food and to remove biofilms constituting a threat to public health in food, pharmaceuticals and beauty products. Additionally, it is believed that a diet rich in antioxidants may reduce the risk of developing several nutrition-related conditions as well as delay the ageing process.

Articles of interest for this Special Issue entitled “Antioxidants in Foods” concern the content of antioxidants, bioactive compounds and the antioxidant activity of foods, including herbs, edible flowers and food products, their health-promoting properties, as well as their use in the food industry as natural antioxidants





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## Message from the Editor-in-Chief

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