

Special Issue

Biochemistry and Nutrition of Food Components

Message from the Guest Editors

This Special Issue delves into the intricate relationship between biochemistry and nutrition within food components. It serves as a platform for researchers to unravel the mysteries behind the molecular makeup of various food constituents and their profound impacts on health promotion and food preservation. From macronutrients like proteins (protein hydrolysates/peptides), carbohydrates (sulfated polysaccharides), and lipids (PUFAs) to micronutrients, phytochemicals (phenolics, carotenoids, and terpenoids/saponins), and other functional compounds, each article offers insightful perspectives on how these elements interact with biological systems, influence metabolic pathways, and contribute to overall well-being. Through a blend of experimental studies, in vitro and in vivo assays, animal studies, and clinical insights, this collection aims to advance our understanding of food science and its implications for nutrition, offering valuable insights for researchers and practitioners alike. Thus, we invite you to submit your original research or comprehensive review articles related to these aspects.

Guest Editors

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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal *Applied Sciences* has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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