

Special Issue

Bioactive Compounds for Functional Foods and Sustainability

Message from the Guest Editors

Various compounds of plant or animal origin possess documented biological activities and could positively affect human health. A functional food is a dietary item that, in addition to providing nutrients and energy, beneficially controls one or more targeted functions in the body, improving certain physiological responses and/or reducing the risk of diseases. This could be food that contains naturally bioactive components or food fortified with such compounds. Both kinds of functional food have been of particular interest to consumers in recent years. For food technologists, dieticians, and producers, the fortification of food with plant ingredients rich in biologically active compounds is still a challenge. The integration of these elements is necessary to develop innovative solutions and implement them.

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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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