Special Issue

Functional Foods: From Molecular Nutrition to Disease Prevention

Message from the Guest Editor

Scientific and technological advances have contributed to nutrition science and have led to progress from general recommendations to precision nutrition, finding an adequate nutritional footprint for each person and population. Omic sciences are an attractive strategy to understand the mechanisms of different nutrients and food bioactive compounds in the prevention of metabolic diseases. Molecular nutrition has emerged as a new area of nutritional science aimed at explaining the body's responses to nutrients at the molecular level. "Functional Foods: From Molecular Nutrition to Disease Prevention" is a Special Issue which aims to disseminate the results of research work, focusing on the study of molecular mechanisms of nutrients and food bioactive compounds, and the biological effects in animal models and clinical studies. This will contribute to validating the characteristics of functional foods, establishing that they have a scientifically proven physiological benefit due to the bioavailability of nutrients used in metabolic disease treatment.

Guest Editor

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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.

Editor-in-Chief

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