



## Food Bioactive Compounds and their Role in Diseases

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### **Message from the Guest Editors**

Dear Colleagues,

Bioactive compounds are found naturally in foods and have some active effect on our bodies; they have attracted a lot of interest from the scientific community for their ability to improve or protect our health. Bioactive compounds are found in many different types of foods (i.e. polyphenols, carotenoids, glucosinolates, marine compounds, polysaccharides, peptides and proteins, etc.). There's already a large amount of evidence that people who eat diets rich in bioactive compounds have reduced risks of developing chronic diseases, such as cardiometabolic pathologies, brain health/cognitive reduced function, cancer onset and development, etc.

This Special Issue aims to provide an open platform that brings together researchers from various scientific communities to present the latest research and discuss common themes and challenges to understanding the impacts of food bioactives on health and diseases.

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Guest Editors





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