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The Effects of Functional Foods in Obesity-Associated Metabolic Diseases

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Message from the Guest Editor

The global prevalence of obesity has markedly increased over the past few decades. World Health Organization (WHO) defined obesity as abnormal or excessive fat accumulations that may have adverse effects on health. With the rising obesity rates, the risk of death from obesity-associated chronic and metabolic diseases has significantly increased. Obesity has been known as a metabolic disorder associated with oxidative stress and chronic low-grade inflammation that leads to systemic changes in the whole body. Emerging evidence indicates functional foods and their bioactive compounds with antioxidative and anti-inflammatory effects can be used to prevent obesity and obesity-associated metabolic diseases. The scientific results of the impact of functional foods on obesity-associated metabolic diseases will support the valuable data on the benefit of consumption of functional foods. This Special Issue focuses on the effects and underlying mechanisms of functional foods and their bioactive compounds on preventing obesity and obesity-associated chronic metabolic diseases.



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Special Issue



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Message from the Editor-in-Chief

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