

Special Issue

Antioxidant Compounds in Functional Foods and Their Benefits for Human Health: 2nd Edition

Message from the Guest Editors

Antioxidants are compounds that can help to protect the body from damage caused by harmful molecules known as free radicals, which can contribute to the development of chronic diseases such as cancer, heart disease, and Alzheimer's. Functional foods are foods that have been shown to provide health benefits beyond basic nutrition, often due to their high levels of bioactive compounds such as antioxidants. This Special Issue aims to gather the latest research on antioxidant compounds in functional foods, including their sources, mechanisms of action, and potential health benefits. The articles in this Special Issue cover a wide range of topics related to antioxidant compounds in functional foods, including their role in preventing chronic diseases, their effects on cardiovascular health, their potential as anti-inflammatory agents, and their impact on cognitive function. The issue also includes studies on the bioavailability and metabolism of antioxidant compounds, as well as reviews of the latest research in this area. Overall, this Special Issue provides a comprehensive overview of the current state of research on antioxidant compounds in functional foods.

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About the Journal

Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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