

Special Issue

Bioactive Ingredients in Functional Foods: Molecular Nutrition Mechanisms and Disease Prevention

Message from the Guest Editors

Bioactive food ingredients are non-essential substances found in foods that can modulate one or more metabolic processes, resulting in enhanced health. More than ever, functional diets have attracted bioactive ingredients as an alternative to conventional treatments of many diseases. Components of functional foods are usually present in different forms, such as glycosylated, esterified, thiolylated, or hydroxylated forms. In particular, bioactive food ingredients are believed to be found mainly in plant foods, such as whole grains, fruits, and vegetables. Similarly, animal products such as milk, fermented milk products, and cold-water fish also contain bioactive components such as probiotics, conjugated linolenic acid, long-chain omega-3 polyunsaturated fatty acid, and bioactive peptides. Chronic diseases and inflammatory-based diseases are life-long conditions that significantly impact quality of life. Bioactive food ingredients have increasingly become attractive alternatives to ameliorate some of the risk factors and symptoms associated with these chronic conditions.

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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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