

Special Issue

Functional Foods and Their Antioxidant Components: Influences on Human Metabolic Diseases

Message from the Guest Editor

Phytochemicals have received increasing attention as natural additives for health and nutrition. Researchers are dedicated to researching the functional and bioactive secondary metabolites in plant foods. Phytochemicals are regarded as potent natural antioxidants, with a series of bioactivities such as free radical scavenging ability. Recently, numerous studies have shown that regular consumption of plants foods is negatively associated with the risk of developing chronic diseases, such as obesity, lipid metabolism, and liver function. Endogenous antioxidant defences are insufficient to completely inhibit the injury of reactive oxygen species, so exogenous antioxidants, such as phytochemicals, are required to inhibit the formation and activities of reactive oxygen and nitrogen species in vivo.

Guest Editor

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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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