

Special Issue

Bioavailability and Health Benefits of Bioactive Compounds in Foods

Message from the Guest Editor

Bioactive compounds, including polyphenols, carotenoids, vitamins, omega-3 fatty acids, organic acids, peptides, nucleosides and nucleotides, and phytosterols, have attracted great attention due to their role in the prevention of several chronic diseases.

Bioactive compounds, naturally present in various foods, offer numerous health benefits, including antioxidant, anti-inflammatory, and anti-carcinogenic properties. However, their effectiveness largely depends on their bioavailability—the proportion of these compounds that can be absorbed and utilized by the body. This Special Issue compiles cutting-edge research and reviews that address the obtention and activity evaluation methods, factors influencing the bioavailability of bioactive compounds, innovative methods to enhance their absorption, and the subsequent health benefits that they provide. By exploring the intricate relationships between food composition, digestion, metabolism, and health outcomes, this Special Issue will bridge the gap between nutritional science and practical recommendations.

Guest Editor

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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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