

Special Issue

The Effects of Functional Foods in Obesity-Associated Metabolic Diseases

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.

Guest Editor

Dr. Bohkyung Kim

Department of Food Science and Nutrition, Pusan National University,
Busan, Republic of Korea

Deadline for manuscript submissions

closed (15 January 2023)



Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
foods@mdpi.com

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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.

Editor-in-Chief

Prof. Dr. Arun K. Bhunia

1. Department of Food Science, Purdue University, West Lafayette, IN 47907, USA

2. Department of Comparative Pathobiology, Purdue University, West Lafayette, IN 47907, USA

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