

Special Issue

Health Benefits of Antioxidants in Natural Foods

Message from the Guest Editors

This special issue meticulously synthesizes contemporary research, unravelling the intricate mechanisms through which antioxidants, present in both foods and natural products, contribute to overall well-being. Operating at molecular and clinical levels, prospective manuscripts offer nuanced insights into the complex interplay between antioxidants and physiological processes, emphasizing the significance of a diet rich in fruits, vegetables, and other nutrient-dense sources. Beyond conventional paradigms, the collection delves into the absorption, distribution and metabolism of antioxidants and their communication with oxidative-stress-related molecular signalling pathways, elucidating their role in mitigation of pathological processes and disease prevention. This special issue serves as a comprehensive resource, providing a sophisticated perspective on health-enhancing properties of antioxidants in both foods and broader biological contexts. It establishes itself as a valuable reference for navigating the entangled landscape of antioxidant research and its implications for promoting healthy lifestyle in general.

Guest Editors

Dr. Jovana Kojić

Prof. Dr. Vesna Tumbas Šaponjac

Dr. Ljiljana Janjušević

Deadline for manuscript submissions

20 August 2025



Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



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

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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.

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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