

## Special Issue

# Dietary Trace Elements and Bioactive Compounds in Food: Exploring Their Health Implications

### Message from the Guest Editor

Dietary trace elements and bioactive compounds in food are increasingly recognized as cornerstones of optimal health and wellness. These nutrients, often found in minute quantities in our daily diets, play vital yet underappreciated roles in maintaining bodily functions and preventing chronic diseases. Trace elements are essential for numerous biochemical processes, yet their precise mechanisms of action and health benefits are still being uncovered.

Similarly, bioactive compounds in food, including polyphenols, have gained significant attention for their potential to enhance health and longevity. These compounds are abundant in fruits, vegetables, nuts, and seeds, and their protective effects against oxidative stress, inflammation, and chronic diseases are well-documented. By examining the intricate relationships between dietary trace elements and bioactive compounds, researchers are unraveling the complex web of nutrients that support human health. This exploration of dietary trace elements and bioactive compounds in food is not just about nutrition facts and figures. It is about understanding how these nutrients work together in our bodies to promote health and prevent disease.

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### Deadline for manuscript submissions

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## Foods

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### Message from the Editor-in-Chief

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