

Special Issue

Functional Foods: Improving Diet Quality and Supporting Disease Prevention

Message from the Guest Editors

Functional foods, either those derived from natural sources or those developed by food companies, provide physiological benefits beyond basic nutritional functions, offering a dual promise: the enrichment of nutritional value, and targeted health benefits. This Special Issue aims to explore the potential of functional foods to enhance metabolic health, mitigate oxidative stress, and reduce the risk of chronic diseases. By focusing on their roles in mitigating metabolic dysregulation and promoting overall wellness. In particular, the goal of this Special Issue to highlight the following:

- The significance of functional foods in enhancing nutrition and health.
- The molecular and physiological mechanisms by which functional foods decrease oxidative stress and inflammation and support metabolic health.
- The role of functional foods in improving mitochondrial function and cellular energy metabolism.
- The advances in processing, formulation, and delivery systems to maximize the efficacy of functional foods developed by the food industry.
- The connection of sustainability, food production, and ethical considerations in developing functional foods.

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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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