

Special Issue

Polyphenols in Foods and their Function in Disease Prevention

Message from the Guest Editor

Among foods, plant foods are especially good for providing essential nutrients. However, in intervention studies, single nutrients, such as vitamins or minerals given as pure substances, are not found to be preventative. Recently, the focus has been on a class of compounds known as polyphenols, which are not nutrients and that are found in high quantities in the highly-disease-preventative “Mediterranean Diet”. This Special Issue will focus on polyphenols and especially their metabolites and the mechanism by which they prevent chronic diseases, such as heart disease, diabetes, cancer, and Alzheimer’s disease.

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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