

Special Issue

Functional Foods and Health Effects

Message from the Guest Editors

Consumption of functional foods promotes optimal health and helps to reduce the risk of lifestyle-related chronic diseases. The consumption of high energy, salt, and sugar foods leads to health problems such as overweight, obesity, cardiovascular diseases, dyslipidemia, hypertension, type 2 diabetes, osteoporosis, and dental caries. A proper gastrointestinal environment determines our regularity and health status. High dietary intake of fruits, vegetables, and whole grains provides health-promoting phytonutrients, antioxidants, lower calories, and are strongly associated with reduced risk of developing chronic diseases. Nuts and beans provide protein, dietary fiber, potassium, folate, and essential fatty acids. The overconsumption of calories results in an accumulation of excessive body fat, resulting in obesity. Consuming a diet rich in calcium, phosphorus, and magnesium, with moderate sodium intake, is essential in maintaining optimal health. Hence, to maintain good health, it is important to make appropriate dietary choices, consume foods that promote satiety and limit overeating, embark on good eating behaviors, and have an active lifestyle.

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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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