

## Special Issue

# Health-Promoting Effects of Traditional Foods

### Message from the Guest Editor

Food cannot be only considered a combination of constituents with different nutritional values, but its relevance for humans can be fully understood by also taking into account other aspects such as history, culture, ecology, and environment. Overall, assuming access to food is secured for all people, traditional dietary patterns are considered safe in terms of longevity, healthy ageing, and morbidity. Indeed, healthy diets have been associated with a reduced risk and incidence of chronic degenerative diseases including cardiovascular disease, type 2 diabetes, metabolic syndrome, certain types of cancers, and neurodegenerative disorders. In general, healthy dietary habits include low consumption of refined sugars, red meat, and saturated fats, as well as high intake of fruit, vegetables, legumes, low-fat dairy products, and healthy lipids (from seafood). As an example, a Mediterranean diet can be considered the archetype of a health-promoting lifestyle by virtue of the phytochemical diversity of its food components.

### Guest Editor

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## Foods

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### 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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