

Special Issue

Supplements and Functional Food Products in Human Health

Message from the Guest Editor

Preventable diet-related disease is contributing to an increasing burden of disease in many areas and requires more attention from citizens and authorities. The role of food supplements is to enrich the diet with nutrients and/or bioactive compounds and to compliment a balanced diet, but they must be used judiciously. Nutraceuticals or functional foods are highly nutritious and associated with a number of powerful health benefits, such as improving cardiovascular health, stimulating the immune system, lowering cholesterol and preventing or treating disease, etc. Functional foods can include foods that have been either enriched or fortified to restore preprocessed nutrient levels (enriched flour), to improve the nutritional quality of an otherwise nutrient-deficient food (calcium in orange juice) or to resolve public health issues (vitamin D in milk, iodized table salt). This Special Issue will focus on supplements and functional food products; their properties, characteristics and role in human health.

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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