



The Role of Dietary Bioactive Compounds in Preventing and Treating Obesity and Overweight

Guest Editor:

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Message from the Guest Editor

Body weight management is essential for many people, especially in developed countries where food is more abundant and physical activity reduced, for preventing comorbidity risks related to obesity and overweight. Emerging research evidence indicates that dietary bioactive compounds could be a promising strategy to complement current pharmacological and dietary therapies. Indeed, in recent years, thousands of these food compounds, such as flavonoids, fatty acids, terpenoids and bioactive peptides, have been investigated for their ability to prevent and treat obesity. I believe that an exhaustive understanding of the role of food bioactive compounds in energy metabolism regulation is of increasing interest to both the scientific community and the food industry.

This Special Issue welcomes manuscripts from human and animal studies focused on evaluating the ability of bioactive food compounds to promote weight management and prevent obesity and its metabolic consequences, as well as in vitro studies aimed to elucidate the potential molecular mechanisms underlying their effects.





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