## Special Issue

## Functional Food: Bridging the Gap Between Nutrition and Health

## Message from the Guest Editors

Functional foods, recognized for their ability to enhance health beyond basic nutrition, play a crucial role in addressing contemporary dietary challenges and preventing chronic diseases. Their bioactive components—including phytochemicals (e.g., carotenoids, phenolic compounds, and alkaloids), fiber, vitamins, minerals, peptides, omega-3 fatty acids, and probiotics—interact with molecular targets to modulate physiological processes. These components have the potential to regulate the molecular pathways associated with inflammation, oxidative stress, and gut microbiome dynamics, thereby paving the way for personalized nutrition strategies. This Special Issue, "Functional Food: Bridging the Gap Between Nutrition and Health", aims to highlight advances in understanding how functional foods and their bioactive components contribute to health at the molecular level. We invite original research and review articles exploring interactions between specific bioactive compounds and the biological mechanisms underlying their effects on physiological functions. Manuscripts that integrate clinical or experimental data with detailed molecular analyses are strongly encouraged.

## **Guest Editors**

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## Deadline for manuscript submissions

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## Message from the Editor-in-Chief

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### **Editor-in-Chief**

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