

Special Issue

Bioactive Food Compounds in the Prevention and Treatment of Non-Communicable Diseases

Message from the Guest Editor

Bioactive, non-nutritive food compounds have been studied by scientists around the world for many years, and many have been shown to improve human health. These include dietary fibre, polyphenols and sulphur compounds, among others. Polyphenols and sulphur compounds have strong antioxidant properties, which is why they reduce oxidative stress and subsequently inflammation, and can inhibit tissue cell damage and the development of chronic non-communicable diseases. The mechanism of action of bioactive compounds is often not fully understood because they act in many ways. It is important to understand how they work at the cellular level. This is very important to understand the mechanism of action of these substances as well as the recommended daily intake. These findings may help in the prevention and treatment of non-communicable diseases.

Guest Editor

Prof. Aneta Kopeć

Department of Human Nutrition and Dietetics, University of Agriculture in Krakow, Krakow, Poland

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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Editor-in-Chief

Prof. Dr. Maurizio Battino

Department of Odontostomatologic and Specialized Clinical Sciences,
Sez-Biochimica, Faculty of Medicine, Università Politecnica delle
Marche, Via Ranieri 65, 60100 Ancona, Italy

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