

Special Issue

Food-Derived Bioactive Peptides

Message from the Guest Editors

Food proteins constitute an excellent source of bioactive peptides that can improve human health. Bioactive peptides can be generated in a large variety of foods during their processing but can be also produced from food by-products through enzymatic hydrolysis or microbial fermentation. There is increasing scientific evidence regarding the health benefits of bioactive peptides. In fact, peptides have been found to exert biological activities such as antihypertensive, antioxidant, hypoglycaemic, anti-inflammatory, and anticholesterolemic effects, and have been used for the development of functional ingredients.

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