

Special Issue

Diet and Oxidative Stress

Message from the Guest Editor

This Special Issue delves into the intricate interplay between diet and oxidative stress, highlighting the pivotal role of dietary choices in shaping the body's oxidative balance. Oxidative stress, resulting from the imbalance between reactive oxygen species (ROS) production and the body's antioxidant defenses, is implicated in numerous chronic diseases. This Special Issue will explore the specific roles of dietary components in either contributing to or mitigating oxidative stress. Emphasizing the importance of a well-balanced diet rich in antioxidants like vitamins C and E, beta-carotene, selenium, and zinc, the research contrasts this with diets high in processed foods, refined sugars, and saturated fats, associated with promoting oxidative stress. The call for contributions extends to various article types, including original research, reviews, brief report.....

Guest Editor

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Message from the Editor-in-Chief

The International Journal of Molecular Sciences (*IJMS*, ISSN 1422-0067) is an open access journal, which was established in 2000. The journal aims to provide a forum for scholarly research on a range of topics, including biochemistry, molecular and cell biology, molecular biophysics, molecular medicine, and all aspects of molecular research in chemistry. *IJMS* publishes both original research and review articles, and regularly publishes special issues to highlight advances at the cutting edge of research. We invite you to read recent articles published in *IJMS* and consider publishing your next paper with us.

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