

Special Issue

Functional Foods and Metabolic Health

Message from the Guest Editor

Recently, functional foods have gathered significant attention for their roles in improving metabolic health and preventing chronic diseases. Beyond offering basic nutrition, these foods contain bioactive compounds that can modulate key metabolic pathways.

Incorporating functional foods into a balanced diet, along with physical activity and lifestyle modifications, presents a translational opportunity for improving metabolic health. Importantly, integrating metabolomics data with nutritional interventions enables a systems-level understanding of individual metabolic responses, thereby supporting the development of personalized nutrition strategies.

This Special Issue aims to publish high-quality research and review articles focused on the metabolite-level effects of functional foods, with an emphasis on elucidating metabolic pathways, gaining mechanistic insights, and applying systems metabolomics. We particularly welcome translational studies that explore the interplay between plant-derived compounds, dietary patterns, and synthetic agents in the context of metabolic disease prevention and therapy.

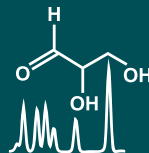
Guest Editor

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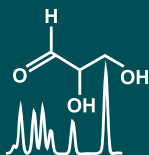


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About the Journal

Message from the Editor-in-Chief

The metabolome is the result of the combined effects of genetic and environmental influences on metabolic processes. Metabolomic studies can provide a global view of metabolism and thereby improve our understanding of the underlying biology. Advances in metabolomic technologies have shown utility for elucidating mechanisms which underlie fundamental biological processes including disease pathology. *Metabolites* is proud to be part of the development of metabolomics and we look forward to working with many of you to publish high quality metabolomic studies.

Editor-in-Chief

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