

Special Issue

Exploring Bioactive Compounds in Foods and Nutrients for Human Health

Message from the Guest Editors

In the 5th century BC, Hippocrates, a physician, philosopher, and the man considered the father of medicine, said "Let food be thy medicine and medicine be thy food", a phrase which is used to this day. With the continuous evolution of science and technology, this statement has gained increasing relevance and scientific support. Incorporating bioactive compounds into the diet by consuming foods such as fruits, vegetables, spices, fermented products, and propolis, among others, has emerged as a valuable nutritional strategy. These bioactive compounds include exogenous antioxidants which have anti-inflammatory properties. Furthermore, many of these bioactives are metabolized by the intestinal microbiota, aiding in its modulation and, consequently, promoting overall health. This Special Issue, "Exploring Bioactive Compounds in Foods and Nutrients for Human Health", seeks to bring together cutting-edge research that highlights the roles and health benefits of the bioactive compounds and nutrients found in food. We invite contributions that enhance our understanding of how diet can influence health through biochemical, physiological, and microbiological pathways.

Guest Editors

Prof. Dr. Denise Mafra

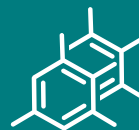
Graduate Program in Nutrition Sciences, Federal Fluminense University
Niterói-Rio de Janeiro (RJ), Niterói 24033-900, RJ, Brazil

Dr. Livia Alvarenga

Department of Cardiopneumology, Faculty of Medicine of the University of São Paulo (FMUSP), University of São Paulo, São Paulo 01246-903, SP, Brazil

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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. Thomas J. Schmidt

Institute of Pharmaceutical Biology and Phytochemistry, University of Münster, Corrensstrasse 48, D-48149 Münster, Germany

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