Special Issue

Recent Advances in Polyphenol Compounds

Message from the Guest Editor

Polyphenols are the most common phytochemicals in the human diet and comprise a variety of compounds with a great diversity of structures, from simple molecules to polymers with high molecular weights. A growing body of research indicates that polyphenol consumption may play a vital role in health through the regulation of metabolism, weight, chronic disease, and cell proliferation. Over 8,000 polyphenols have been identified thus far. Animal, human, and epidemiologic studies show that various polyphenols have antioxidant and anti-inflammatory properties that could have preventive and/or therapeutic effects for cardiovascular diseases and neurodegenerative disorders. The long-term consumption of diets rich in polyphenols has been shown to protect against certain cancers and type 2 diabetes. Food processing and storage strongly influence the polyphenol content of foods. Certain compounds are prone to oxidation, and the addition of polyphenols to foods may compromise their shelf stability. Due to the many health benefits that polyphenols have been shown to have, many strategies have emerged to market them as functional foods.

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