

Special Issue

Bioactive Food Compounds and Human Health

Message from the Guest Editors

Amidst the growing health consciousness globally, bioactive food compounds have garnered significant attention for their potential in promoting human health. These compounds, naturally occurring in plants, animals, and their processed products, exhibit diverse biological activities such as antioxidant, anti-inflammatory, and antibacterial effects, contributing significantly to the prevention and management of chronic diseases. With advancements in molecular biology, genomics, and metabolomics, our understanding of the mechanisms underlying the health benefits of bioactive food compounds has significantly deepened. This Special Issue aims to provide a contemporary understanding of the multifaceted relationships between diverse bioactive compounds in food and human health, encompassing their health-promoting effects and potential health risks. These bioactive compounds encompass nutrients such as vitamins and minerals, non-nutrient bioactive constituents like phytochemicals and functional peptides, as well as special bioactive compounds including probiotics, prebiotics, and a range of natural plant extracts.

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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