

Special Issue

Anti-Cancer and Anti-Inflammatory Effects of Antioxidant-Rich Natural Food

Message from the Guest Editors

Chronic inflammation and cancer are closely related to health challenges, with inflammation creating an environment that promotes cell damage, genetic mutations, and tumor growth. Dietary interventions rich in antioxidants offer a promising approach to prevention and management by reducing oxidative stress and mitigating inflammation. Antioxidant-rich foods such as berries, dark leafy greens, nuts, and colorful vegetables protect cells and fight inflammation. This issue aims to explore the role of natural antioxidant-rich foods in preventing and treating chronic inflammation and cancer. It aims to provide a comprehensive understanding of how antioxidants in the diet combat oxidative stress, reduce inflammation, and inhibit tumor growth. Through a collection of studies and reviews, it aims to explore innovative dietary strategies and public health initiatives to effectively address these global health challenges.

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About the Journal

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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