

Special Issue

Functional Foods: Exploring the Health Benefits of Bioactive Compounds

Message from the Guest Editor

Natural dietary compounds, defined as food components, can be easily incorporated into an individual's everyday diet with little effort. Growing evidence has shown that functional foods may contribute to reducing the prevalence of coronary heart diseases, metabolic disorders, and even cancer. Consumers' acceptance of functional foods is increasing, and their interest in the relationship between food and quality of life is also growing. This Special Issue is dedicated to exploring the latest findings on the role of well-characterized bioactive compounds such as carotenoids, vitamins, proteins, as well as fermented food, fiber, probiotics, and prebiotics. Papers may comprise various aspects of novel and tailored functional foods in human nutrition. Innovative investigation methods related to nutritional problems using epigenetics, genomics, and bioinformatics approaches are also appreciated. Authors are invited to submit studies performed using animal models or in vitro experiments if the relevance of these results to the human model is discussed. We are also interested in studies demonstrating the bioavailability and safety aspects of functional foods.

Guest Editor

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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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