

Special Issue

Bioactive Compounds from Food: Nanotechnology Approaches for Improving Human Health

Message from the Guest Editors

Food bioactive compounds include a broad class of phytochemicals that are present in vegetables, fruits, and cereal grains and capable of modulating metabolic processes and promoting human health. These compounds have been widely associated with their ability to reduce the risk of diseases. However, their low solubility and bioavailability may decrease their preventive/therapeutic potential. To overcome these challenges, several nano-delivery systems for bioactive compounds have been proposed in recent years.

Nanoencapsulated bioactive compounds promote faster absorption and improve their ability to penetrate the mucus layer or directly absorb cells. In this context, investigating novel nanotechnology approaches based on the nanoencapsulation of bioactive molecules that promote human health has greatly interested the scientific community. Thus, this Special Issue of *Nutrients* welcomes high-quality original studies and review articles that examine nanotechnology's impact on improving the effectiveness of delivering food bioactive compounds to improve human health.

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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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