

Special Issue

The Health Benefits of Nutritional Composition in Functional Foods

Message from the Guest Editor

Functional foods are thought to provide health benefits beyond basic nutrition as they are high in bioactive compounds that exert beneficial health effects. They typically contain high amounts of important nutrients, vitamins, minerals, amino acids, healthy fats, fibre, polyphenols, or other nutrients that increase their nutritional value. The increased consumption of a variety of functional foods can protect against nutrient deficiencies and contribute to the prevention or treatment of various diseases, including cardiovascular diseases, obesity, diabetes, neurodegenerative diseases, and cancer. As the interest of consumers of functional foods has grown and non-pharmacological treatments have become more essential, demands for evidence-based information about the nutritional composition and health benefits of functional foods have emerged. We are pleased to showcase original research, study protocols, short communications, brief reviews, and reviews (including systematic reviews and meta-analyses) on the nutritional composition and health benefits of functional foods in the prevention or treatment of non-communicable diseases.

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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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