

Special Issue

Food Biochemistry and Health: Recent Developments and Perspectives

Message from the Guest Editor

Society's growing concern for health has led to a worldwide increase in interest in proper nutrition. In recent years, much research has been directed towards studying the biochemistry of foods and how these compounds interact with the human body to influence disease prevention, delay ageing and maintain good mental health. Recent research has focused on the development of functional foods rich in specific nutrients that provide additional health benefits beyond basic nutrition, as well as the search for new foods and the development of food supplements that facilitate personalised nutrition, taking into account the genetic and metabolic characteristics of each individual with specific diets. The biochemistry of food and health is a dynamic and evolving field. *Processes*, with its Special Issue "Food Biochemistry and Health: Recent Developments and Perspectives", aims to provide a forum to highlight the latest advances in the knowledge of food composition and its application to the development of healthy diets.

Guest Editor

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