



## Functional Food as a Way to Provide Beneficial Nutrients

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### Message from the Guest Editors

The consumption of functional foods can improve health or well-being, as well as reduce the risk of disease. It should be emphasized that functional foods must look like conventional foods—they cannot be tablets, drops or capsules. These foods should be one of the elements of a properly balanced diet. The high health quality of functional products results primarily from the presence of bioactive substances in them, which favorably regulate physiological changes, as well as from the right proportions of individual nutrients. The health-promoting effects of these foods should be confirmed by independent scientific research. The trend to search for new products that can benefit health is not only the subject of scientific research, but the results can also be used by entrepreneurs who are inspired by the work of scientists. The search for new food ingredients is therefore the subject of research, and the demand for new solutions is constantly increasing.





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