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## Role of Food Digestion and Gastrointestinal System in the Nutritional, Functional and Health Properties of Food Bioactives

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### Message from the Guest Editors

Food Bioactives have recently received significant attention because of their positive effects on health beyond nutrition property. Food Bioactives usually include polysaccharides, polyphenols, carotenoids, polypeptides, prebiotics, etc. Research shows that those bioactives protect us from numerous health problems, prevent diabetes and obesity, manage blood pressure, protect against cardiovascular disease, lower cholesterol and possibly fight cancer and slow tumor growth. However, these ‘super healthy effects’ are declined by the digestion and gastrointestinal system and, therefore, the actual benefits are minor. It is challenging to establish an effective delivery system by scientific means that maintains those benefits and how effective the foods are in justifying any health claim. Furthermore, some food bioactives may be digested and generate more functional metabolites, impact gut microbiota, regulate immune activity, etc.

- The role of delivery system in food bioactive properties.
- The role of food digestion and gastrointestinal system in stability of food bioactive.
- The impact of bioactive on the digestion and gastrointestinal system.



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