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## Bioactive Ingredients in Functional Foods: Molecular Nutrition Mechanisms and Disease Prevention

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### Message from the Guest Editors

Bioactive food ingredients are non-essential substances found in foods that can modulate one or more metabolic processes, resulting in enhanced health. More than ever, functional diets have attracted bioactive ingredients as an alternative to conventional treatments of many diseases.

Components of functional foods are usually present in different forms, such as glycosylated, esterified, thiolylated, or hydroxylated forms. In particular, bioactive food ingredients are believed to be found mainly in plant foods, such as whole grains, fruits, and vegetables. Similarly, animal products such as milk, fermented milk products, and cold-water fish also contain bioactive components such as probiotics, conjugated linolenic acid, long-chain omega-3 polyunsaturated fatty acid, and bioactive peptides.

Chronic diseases and inflammatory-based diseases are life-long conditions that significantly impact quality of life. Bioactive food ingredients have increasingly become attractive alternatives to ameliorate some of the risk factors and symptoms associated with these chronic conditions.



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**Special** Issue



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## Message from the Editor-in-Chief

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