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## Functional Foods and Their Benefits for Health Regulation

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### Message from the Guest Editors

Dear Colleagues,

This Special Issue aims to delve into the intricate relationship between bioactive compounds (especially polyphenols and dietary fiber), their new analogues and role in chronic diseases, such as type 2 diabetes mellitus (T2DM), hypertension, and hyperlipidemia. The focus is on the significant role of functional foods in health regulation.

I invite scholars and researchers to contribute original papers that explore the diverse aspects of natural bioactive compounds (especially but not only polyphenols and dietary fiber) or their analogues in the context of T2DM, hypertension, and hyperlipidemia. The emphasis is on shedding light on their mechanisms of action from the perspectives of gut microbiota, digestive enzymes ( $\alpha$ -amylase,  $\alpha$ -glucosidase, pancreatic lipase), intestinal absorption, and transportation, as well as other relevant factors.

Additionally, contributors are also encouraged to investigate the interaction between these compounds and other nutrients, offering valuable insights that can inform dietary interventions and lifestyle modifications.



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**Special** Issue



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## Message from the Editor-in-Chief

*Foods* (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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