



foods



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Dietary Components, Health and Disease

Guest Editor:

Prof. Dr. Chunbao Li

College of Food Science and
Technology, Nanjing Agricultural
University, Nanjing, Jiangsu,
China

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submissions:

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Message from the Guest Editor

In recent years, more and more attention has been paid to the associations of dietary components with human health and diseases by regulating the different axes, such as diet-gut-brain axis, and diet-gut-liver axis. However, the composition of diets is quite complicated. Some components are beneficial to human health at the recommended dose, but they may be harmful to our health once the dietary intake is excessive. It is a challenge to keep a balance between the diversity/amount of diets and health maintenance / disease prevention.

This Special Issue of the *Foods* is seeking research or review articles focusing on: functions of dietary components and supplements, in vivo or in vitro digestibility of dietary components, the impact of diets or supplements on health and disease.



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Special Issue



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Editor-in-Chief

Prof. Dr. Arun K. Bhunia

1. Department of Food Science,
Purdue University, West
Lafayette, IN, USA

2. Department of Comparative
Pathobiology (Courtesy), Purdue
University, West Lafayette, IN,
USA

Message from the Editor-in-Chief

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Contact Us

Foods Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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