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## Nutritional Research on Food-Derived Bioactive Peptides and Their Preparation

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### Message from the Guest Editors

Bioactive peptides (BPs) derived from proteins exhibit various functions for human health. Recently, food-derived BPs have been focused on due to the wide range of health benefits and multiple kinds of bioactivity they offer. Moreover, BPs can reasonably and feasibly be used as functional foods in food products to promote human health since these can have the advantages of high levels of safety, comfortable digestion and absorption, and being a rich source of BPs. Using bioinformatics and various knowledge databases could improve the efficiency with which peptides are identified. Moreover, the action mechanisms of BPs can be better explained at the molecular level through structure–activity relationships and molecular docking technologies. Nowadays, the relevant data are mainly from *in vitro* or *in vivo* experiments; however, these approaches still has some limitations and many obstacles continue to hamper the commercial development of BPs. Therefore, it is necessary to explore new methods to reveal the nutritional function and action mechanisms of BPs in terms of human health, and thus to reduce costs and improve preparation efficiency.



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