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Antioxidant and Nutritional Evaluations of Food and Their Applications in the Prevention and Treatment of Chronic Diseases

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Message from the Guest Editors

According to the World Health Organization, noncommunicable chronic diseases still kill 41 million people each year (74% of all deaths globally). Among the risk factors, metabolic risk factors are included, such as: raised blood pressure, overweight/obesity, hyperglycemia, and hyperlipidemia. Metabolic risk factors are closely related to eating habits, and adherence to dietary guidelines is still too low in the general population. Additionally, many processed and ultra-processed foods still contain high levels of salt, saturated fat, and free sugars, and they are low in fiber, antioxidant compounds, vitamins, minerals, and unsaturated fatty acids. The nutritional enhancement of commercial foods, although it has improved in recent years, still needs evaluation and further efforts towards healthier and plant-based alternatives. The sensory characteristics' improvement of the nutritionally valuable foods could be a viable strategy to enhance consumer compliance to dietary guidelines.



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Special Issue



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Message from the Editor-in-Chief

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