

Special Issue

Dietary Components, Health and Disease

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.

Guest Editor

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About the Journal

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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