

Special Issue

Advances in Diet and Human Nutrition

Message from the Guest Editor

In recent years, there is a growing interest between the relationship of nutrition and human function and how it can affect human health. In fact, a lot of scientific research has been done in this regard and many new aspects have emerged in the scientific literature, especially regarding the effects of some nutrients or non nutritional compounds on healthy or pathological subjects. I refer for example, to the use of antioxidants in oncology, polyphenols as antiviral or anti-inflammatory compounds or the effects of palmitic acid or “trans” fatty acids on human health. Also metagenomic studies have shown that the gut microbiota could interact with nutrients and non nutritional compounds modifying their actions. For all these reasons, the present Special Issue has the aim to analyze the latest outcomes concerning these interactions and controversial aspects of human diet, in order to clarify this topic and thus contribute to improving the diet in healthy and pathological status.

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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