



Functional Foods and Cardiometabolic Health

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Message from the Guest Editor

Functional foods, containing physiologically active compounds, are categorized as foods with specific health or medical functions over and above their traditional role in satisfying the body's nutritional demands. A growing body of research has identified a variety of food-derived bioactive compounds including polyphenols, n-3 polyunsaturated fatty acids, and peptides with benefits towards cardiovascular and metabolic health. Bioactive compounds have the potential to reduce blood pressure and atherosclerosis, improve glucose homeostasis, and reduce body weight through diverse mechanisms including but not limited to improving endothelial function, scavenging reactive oxygen/nitrogen species, reducing inflammation, modulating the renin–angiotensin system, regulating food intake, enhancing glucose–insulin homeostasis, improving adipose tissue function, as well as blood lipids and lipoproteins. Food-derived bioactive compounds also have the potential to modulate the composition and functionality of the gut microbiota. Therefore, food-derived bioactive compounds have a great potential for innovation in the field of food, nutrition, and health.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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