



Diet and Oxidative Stress

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

This Special Issue delves into the intricate interplay between diet and oxidative stress, highlighting the pivotal role of dietary choices in shaping the body's oxidative balance. Oxidative stress, resulting from the imbalance between reactive oxygen species (ROS) production and the body's antioxidant defenses, is implicated in numerous chronic diseases.

This Special Issue will explore the specific roles of dietary components in either contributing to or mitigating oxidative stress. Emphasizing the importance of a well-balanced diet rich in antioxidants like vitamins C and E, beta-carotene, selenium, and zinc, the research contrasts this with diets high in processed foods, refined sugars, and saturated fats, associated with promoting oxidative stress.

The call for contributions extends to various article types, including original research, reviews, brief report.....





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Message from the Editor-in-Chief

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