



Bioactive Compounds and Functional Foods in Human Health

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Message from the Guest Editors

Bioactive compounds are important for developing functional foods that provide health benefits beyond basic nutrition. These substances, many of which are sourced from plants, include polyphenols, flavonoids, carotenoids, and vitamins. They have been recognized for their potential in promoting biological processes and contributing to the prevention and management of chronic diseases like cardiovascular diseases, diabetes, and cancer. Numerous studies have examined bioactive substances' anti-inflammatory, anti-carcinogenic, and antioxidant qualities. Functional foods enriched with these compounds can target specific mechanisms, offering a promising approach to disease management and prevention and overall health enhancement.

The most recent findings on bioactive compounds and functional foods in relation to human health are highlighted in this Special Issue of *Nutrients*. We invite researchers, scientists, and industry experts from food and nutritional sciences to share their expertise and contribute to this Special Issue.





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