



## The Role of Dietary Antioxidants in Obesity

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### Message from the Guest Editor

Obesity is the epidemic of the 21st century; it has become a global public health crisis. Obesity may induce systemic oxidative stress, and increased oxidative stress in accumulated fat is, at least in part, the essential cause of the dysregulation of adipocytokines and the development of metabolic syndrome. Several mechanisms are involved in generating oxidative stress in obesity, but essentially it is caused by an imbalance between the production of free radicals and the body's antioxidant responsible for the detoxification of these radicals. Moreover, oxidative stress and pro-inflammatory processes, which seem to represent a link between obesity and other comorbidities, are strongly related. Then, oxidative stress in accumulated fat should be an important target for the development of new treatments. In this regard, dietary antioxidants could play a relevant role in reversing oxidative stress associated with obesity contributing to improving the health of obese people. Moreover, healthy eating habits could prevent or delay metabolic syndrome by adding antioxidant-rich foods into one's diet.





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