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Association between Diet and Oxidative Stress

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Message from the Guest Editors

Dear Colleagues,

Oxidative stress is caused by an imbalance between the amount of reactive oxygen species present and the body's antioxidant capacity. Strenuous endurance and resistance exercises increase the production of reactive oxygen compounds, resulting in oxidative stress, which has been associated with chronic diseases (diabetes, eye diseases, heart disease, cancer, kidney diseases, respiratory diseases, etc.). Free radicals cause alterations in lipids, proteins, fatty acids, and nucleic acids, leading to cell death by apoptosis.

Diet plays a crucial role in this oxidant/antioxidant balance. Indeed, dietary nutrients can influence individuals' total antioxidant capacity, modulating the degree of oxidative stress and affecting the incidence of diseases related to oxidation.

This Special Issue aims to collect recent information on how nutritional habits, diet interventions, and specific nutrients can reduce the harmful effect of oxidative stress.

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Editors-in-Chief

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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