



## The Nutritional Evaluation of Bioactive Compounds in Food: From Theory to Application

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### Message from the Guest Editor

Dear Colleagues,

The creation of new products containing specific physiologically active ingredients that contribute to the improvement of our health is a great challenge for scientists, technologists, doctors and nutritionists. The purpose of this special topic is to provide information on the properties and potential uses of bioactive ingredients in the production of food products and their role in human nutrition. There are many substances that, when added to food, give it a functional character and thus help support proper health and the course of natural processes in the body. From the consumer's point of view, it is important that the daily diet is enriched with those bioactive ingredients that most effectively support and regulate physiological processes, and at the same time, in a manner tailored to the individual and specific needs of the body. This Special Issue is dedicated to an overview of the potential of various bioactive compounds in human nutrition. We also encourage potential authors to submit articles on the possibilities of designing new food products to be used in the prevention of various disease states.

Dr. Kieliszek Marek  
Guest Editor





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