



**foods**



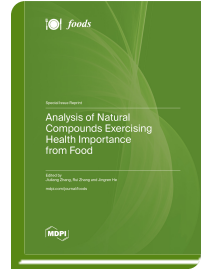
*Special Issue Reprint*

## **Analysis of Natural Compounds Exercising Health Importance from Food**

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The research and development of functional food ingredients has been a hot research topic in the food field in recent years, representing a trend of food development in the 21st century. Its rapid development reflects the awakening of today's population to their own health, and a countermeasure to face some "crises" generated by modern civilization (increased biochemical pressure, increased environmental pollution, the extensive use of chemicals, etc.), as well as the idea that people return to nature and re-advocate the "same origin of medicine and food". People's new requirements for food are no longer limited to basic nutritional requirements, but include the need for certain physiologically regulating or health-promoting effects. Which functional factors in the diet can prevent diseases or promote physical health? Which bioactive substances play a major role in the effects on health? What is the best intake method and what is the effective dose? We also wish to reveal the accurate mechanism of the dietary functional factors that regulate physiological function or health effects at the molecular level.



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