



*foods*



*Special Issue Reprint*

## **Food Components in Health Promotion and Disease Prevention**

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The aim of this Special Issue is to expand our knowledge around the rational use of foods and natural antioxidant compounds, also extracted from high-quality byproducts, in the management and prevention of chronic inflammatory and metabolic diseases. In this regard, the papers submitted should include robust biological data underlying the protective role of foods and their ingredients, alongside a detailed description of their chemical composition. Specifically, biological and pharmacological investigations may include an evaluation of the protective effects through *in vitro* models (i.e., cell cultures, pathogen microbiological strains, isolated tissue), including preclinical and clinical data based on validated and reproducible models. Regarding the chemical composition of the investigated products, the authors were strongly invited to submit papers reporting the identification and quantification of food components, through chromatographic and/or spectroscopic data. A description of the mechanism of action will be much appreciated, which could also include a bioinformatics approach based on targets–components analysis, in particular, for bioactive extracts from foods.



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