



Functional Foods in Disease Prevention and Health Promotion

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Message from the Guest Editor

A healthy diet is one of the basic conditions for a healthy lifestyle. However, to implement a healthy diet, it is necessary to have access to food with high nutritional value, containing significant amounts of health-promoting ingredients with a preventive effect against the rapidly spreading so-called life-style diseases.

Science and technology go hand in hand in food enhancement, in terms of preserving and enhancing nutritional value and desirable health influence. The most urgent goal seems to be to work on confirming the effect of bioactive substances, which are or can become food ingredients, and which alone or in synergy with the entire matrix, will be able to strengthen the human immune system in fighting diseases and have a positive effect on metabolism. It requires a lot of work and provides an opportunity for interesting and necessary research for scientists in the fields of biology, food technology, medicine and dietetics. We expect that many interesting papers will be created in this area, the results of which will be disseminated and published in this Special Issue.

- Health-promoting ingredients
- Bioactive substances
- Disease prevention
- Functional food.





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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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