



Antioxidants and Bioactive Compounds in the Mediterranean Diet Foods: Bridging the Gap between Their Mode of Action and Health-Protective Effects—2nd Edition

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Message from the Guest Editors

Dear Colleagues,

A wealth of research has correlated the Mediterranean diet, with beneficial health effects. This dietary pattern is characterized by a high intake of olive oil, vegetables, fruits, unprocessed cereals, legumes and aromatic herbs; a moderate intake of fish, dairy products and wine; and a low intake of red meat. Although it has become apparent that this is one of the healthiest diets in the world, the underlying mechanisms responsible for its beneficial effects have not yet been fully elucidated. One of the prevailing perceptions is that the Mediterranean diet combats the oxidative stress that occurs when there is an excess of free radical production in the body—a situation that has been associated with the pathogenesis of several chronic diseases. Nevertheless, intensive research has convincingly demonstrated that a plethora of diet-derived compounds protect cells and tissues against oxidative damage by exerting mechanisms beyond their free radical scavenging capacity.

Therefore, the Special Issue focuses on understanding how antioxidants and other bioactive compounds in foods comprising the Mediterranean diet exert their health-protecting effects.





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Message from the Editor-in-Chief

It has been recognized in medical sciences that in order to prevent adverse effects of "oxidative stress" a balance exists between prooxidants and antioxidants in living systems. Imbalances are found in a variety of diseases and chronic health situations. Our journal *Antioxidants* serves as an authoritative source of information on current topics of research in the area of oxidative stress and antioxidant defense systems. The future is bright for antioxidant research and since 2012, *Antioxidants* has become a key forum for researchers to bring their findings to the forefront.

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