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## Recent Advances in Marine Functional Foods

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### Message from the Guest Editors

The marine environment is a relative storehouse holding a largely untapped source of functional ingredients that can be applied to explore functional food. Numerous marine-based compounds with diverse biological activities have been considered significant parts of a balanced diet. For example, bioactive peptides isolated from marine fish protein hydrolysates as well as algal fucans, galactans and alginates, have been shown to possess anticoagulant, anticancer and hypocholesterolemic activities. Marine fish oils and bacteria are excellent sources of omega-3 fatty acids, while crustaceans and seaweed contain abundant and powerful antioxidants and bacteriostats. The relationship between marine food nutrition and health still causes lots of interest from researchers and consumers. Exploring the potential use of marine-derived compounds as functional food ingredients for health maintenance and the prevention of chronic diseases can help better understand the marine functional food industry.



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# Special Issue



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