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Functional Foods and Health Effects

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Message from the Guest Editors

Consumption of functional foods promotes optimal health and helps to reduce the risk of lifestyle-related chronic diseases. The consumption of high energy, salt, and sugar foods leads to health problems such as overweight, obesity, cardiovascular diseases, dyslipidemia, hypertension, type 2 diabetes, osteoporosis, and dental caries. A proper gastrointestinal environment determines our regularity and health status. High dietary intake of fruits, vegetables, and whole grains provides health-promoting phytonutrients, antioxidants, lower calories, and are strongly associated with reduced risk of developing chronic diseases. Nuts and beans provide protein, dietary fiber, potassium, folate, and essential fatty acids. The overconsumption of calories results in an accumulation of excessive body fat, resulting in obesity. Consuming a diet rich in calcium, phosphorus, and magnesium, with moderate sodium intake, is essential in maintaining optimal health. Hence, to maintain good health, it is important to make appropriate dietary choices, consume foods that promote satiety and limit overeating, embark on good eating behaviors, and have an active lifestyle.



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Message from the Editor-in-Chief

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