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Sommario/riassunto	In recent years, the concern of society about how food influences the health status of people has increased. Consumers are increasingly aware that food can prevent the development of certain diseases, so in recent years, the food industry is developing new, healthier products taking into account aspects such as trans fats, lower caloric intake, less salt, etc. However, there are bioactive compounds that can improve the beneficial effect of these foods and go beyond the nutritional value. This book provides information on impact of bioactive ingredients (vitamins, antioxidants, compounds of the pulses, etc.) on nutrition through food, how functional foods can prevent disease, and tools to evaluate the effects of bioactive ingredients, functional foods, and diet.