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Sommario/riassunto	Recently, many kinds of foods and food-derived nutrients have been reported to show health-beneficial effects. In particular, some foods and food-derived nutrients have shown anti-aging effects on several organs and tissues, such as brain, muscle, skin, intestine, and so on. In some kinds of foods, the molecular basis of their functionalities (e.g., anti-brain aging, anti-sarcopenia, and anti-skin aging) and inter-tissue networks activated by these foods mediated by exosomes, cytokines, and immune cells have been clarified in detail.