

7th International Conference on

Food Technology and Nutrition

May 25-26, 2026 | Rome, Italy

Volume: 11

Bioactive Food Compounds and Functional Foods: Innovations for Health Promotion and Disease Prevention

Fereidoon Shahidi

Memorial University of Newfoundland, Canada

Bioactive compounds derived from foods have gained considerable attention due to their potential to reduce the risk of chronic diseases and improve overall health. This presentation explores recent advances in the extraction, characterization, and application of natural antioxidants, polyphenols, peptides, carotenoids, and other functional ingredients used in food technology. Emerging processing techniques have enhanced the stability, bioavailability, and health benefits of these compounds while maintaining food quality and safety.

The session discusses innovations in functional food development, nutraceuticals, food preservation, and green extraction technologies. Advances in food chemistry, nanotechnology, and encapsulation systems are enabling the production of healthier food products with improved nutritional value. Future perspectives include personalized functional foods, sustainable ingredient production, and precision nutrition supported by modern food technologies.

Biography

Fereidoon Shahidi is University Research Professor at Memorial University of Newfoundland, Canada. His research focuses on food chemistry, functional foods, natural antioxidants, nutraceuticals, and bioactive compounds. He is internationally recognized for his pioneering contributions to food science and nutrition research.