

Hybrid Event

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## The nutraceutical potential of natural antioxidant peptides

**Irene Dini**

University of Naples Federico II, Italy

Several recent works have described bioactive peptides produced from food sources, some of which have proven antioxidant effects. Dietary intake of antioxidants peptides could decrease the risk of oxidative stress diseases (e.g., cancer, diabetes, arthritis, cardiovascular and Alzheimer's disease). Natural antioxidant peptides' advantages are functional, solubility, emulsifying and foaming properties, sustainability, environmental protection, low cost, fewer side effects and lower costs than synthetic drugs. Therefore, they have potential industrial applications. This presentation discusses antioxidant peptides isolated from plants, marine organisms and animals and their potential application in food (as functional products or food additives), pharmaceutical and cosmetic industries. Furthermore, the delivery systems appropriate to avoid losing their bioactivity are also examined.

**Keywords:** Food antioxidant peptides, nutricosmetic, cosmeceutic.