
The beneficial effect of foods on both human health and disease prevention has been known from Greek times when Hippocrates wrote “Let food be thy medicine and medicine be thy food”. However, in recent decades and mostly in western countries, a great concern for the consumption of healthy food products has increased considerably. This has produced an augmented interest in the study of antioxidants because of their potential relationship with the beneficial effects of foods. This book summarizes much of this information and discusses the last results indicating that the consumption of large amounts of antioxidant-rich supplements might not be so healthy.


In summary, a book that provides an up-to-date overview of the subject trying to clarify the pros and cons of the use of antioxidants in human health. This volume can be of interest for professionals of very different fields, including medicine, nutrition, and food science, and also for the general public interested in knowing what is now known about the role of antioxidants in health and disease.

F. J. Hidalgo

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