

Special Issue

Functional Foods: Bioactivity and Potential Health Effects

Message from the Guest Editors

This Special Issue entitled “Functional Foods: Bioactivity and Potential Health Effects” brings together research on the health-related effects of potential functional food products, as well as applied research into healthy foods and biologically active food ingredients. Functional foods are foods that offer health benefits beyond their nutritional value. Food with increased health quality is important not only in order to maintain health but also to reduce the risk of disease. Functional foods can be considered in two categories: conventional, e.g., fruits, vegetables, seeds, legumes or fermented foods; and modified, e.g., fortified dairy products, milk alternatives, cereal, juice or eggs. In addition to nutrient-rich ingredients, these also include foods fortified with vitamins, minerals, probiotics, and fiber. Subjects that will be discussed in this Special Issue will focus on bioactive compounds present in both natural plant and animal origin foods, designing functional products, and the verification of foods’ potential health-related properties in biological studies on animal models and/or in human studies.

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Deadline for manuscript submissions

closed (20 February 2025)



Applied Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 5.5



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As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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