

Special Issue

Functional Foods and Human Health

Message from the Guest Editor

Functional foods are food products that offer health benefits that extend beyond their nutritional value. They may protect against disease, prevent nutrient deficiencies, and promote proper growth and development. Moreover, these benefits should not only be declared, but proven in clinical trials.

Science and technology go hand in hand in the development of new types of functional foods. The most urgent goal seems to be the work on confirming the impact of bio-active substances. This is important for every individual, as well as for public health. It requires a great deal of work and presents an opportunity for interesting and necessary research for scientists in the fields of biology, food technology, medicine, dietetics, and animal husbandry and agronomy. We expect that many interesting works will be created in this respect, the results of which will be disseminated and published in this special issue.

Keywords

functional food
nutraceuticals
health
bio-active substances
antioxidants
immune system
superfood

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Deadline for manuscript submissions

closed (31 March 2021)



Applied Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 5.5



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Message from the Editor-in-Chief

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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