

Special Issue

The Recent Development of Functional Foods and Natural Products—Impacts on Human Health

Message from the Guest Editors

Consumption of functional foods and natural products seems to affect human physiology and metabolism, exerting a significant impact on health. Due to their promising beneficial effects on human body functions beyond nutrient adequacy, functional foods, and natural products have gained increasing interest from the scientific community, consumers, and the food industry. We are pleased to invite you to contribute a research/review paper to the the Special Issue entitled “The Recent Development of Functional Foods and Natural Products—Impact on Human Health” of the journal *Applied Sciences*. Research areas may include (but are not limited to) the following:

- modern methods, technologies, and further handling of food prior to its consumption
- food components (nutrient and non-nutrient bioactives novel functional ingredients)
- studies investigating the effect of functional foods and natural products on beneficial effects on targeted body functions

We look forward to receiving your contributions. Dr. Panagiotis T. Kanellos

Guest Editors

Dr. Panagiotis Kanellos

Department of Nutrition and Dietetics, School of Health Sciences and Education, Harokopio University, 17676 Kallithea, Greece

Dr. Eirini A. Panagopoulou

Department of Nutrition and Dietetics, School of Health Sciences and Education, Harokopio University, Kallithea, 17676 Athens, Greece

Deadline for manuscript submissions

31 October 2025



Applied Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 5.5



mdpi.com/si/221377

Applied Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
appls@mdpi.com

mdpi.com/journal/appls





Applied Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 5.5



[mdpi.com/journal/
applsci](https://mdpi.com/journal/applsci)



About the Journal

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.

Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo
Dipartimento di Fisica, Politecnico di Milano, Piazza L. da Vinci 32,
20133 Milano, Italy

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), Ei Compendex, Inspec, CAPlus / SciFinder, and other databases.

Journal Rank:

JCR - Q2 (Engineering, Multidisciplinary) / CiteScore - Q1 (General Engineering)