Special Issue

Advances of Lactic Fermentation for Functional Food Production

Message from the Guest Editor

The objective of this Special Issue is to analyze the impact that lactic fermentation can have on the production of functional foods, addressing aspects ranging from industrial production to basic science. In the last decade, a great amount scientific evidence shows that the functional effect of lactic fermentation is exclusively related to the prebiotics and functional metabolites produced during the fermentation process, leading to the development of functional foods without live microorganisms, called postbiotics. In the case of specific hosts (i.e., children, the elderly, and people with high pathological vulnerability), postbiotics can be better tolerated, avoiding possible effects related to one's sensitivity to the microorganism used. It is also crucial to identify the way in which both probiotic and postbiotic functional foods interact with the intestinal mucosa to improve the immunological response. Regarding these aspects, in this Special Issue, we would like to collate the best research so has to help clarify in depth the most efficient techniques, procedures, and models that can be used for the biotechnological production of functional food.

Guest Editor

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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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