

Special Issue

Advances in Functional Foods and Natural Products

Message from the Guest Editors

The growing demand for healthier eating habits has driven the development of functional foods and the use of natural products with bioactive properties. Functional foods provide health benefits beyond basic nutrition, while natural compounds derived from plants, animals, fungi, or microorganisms have been extensively studied for their antioxidant, anti-inflammatory, antimicrobial, and other biological effects. This Special Issue of *Applied Sciences* aims to gather research focused on the extraction, characterization, and application of these compounds in food matrices, as well as their impact on sensory, technological, and functional quality. Studies on innovative food formulations with health appeal are especially encouraged. Contributions addressing sustainability, clean-label strategies, sensory quality, and in vitro or in vivo biological effects are also welcome. This Special Issue offers an interdisciplinary platform connecting food science, nutrition, and health. We look forward to receiving your contributions. Prof. Dr. Elenice Souza Dos Reis Goes

Guest Editors

Prof. Dr. Elenice Souza Dos Reis Goes

Faculty of Agricultural Sciences, Federal University of Grande Dourados, Dourados 79825-070, MS, Brazil

Prof. Dr. Cintia da Silva Araújo

Faculty of Engineering, Federal University of Grande Dourados, Dourados 79825-070, MS, Brazil

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

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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

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