

Special Issue

Functional Food and Nutrition

Message from the Guest Editors

Due to an aging population and diseases related to current lifestyles, health-related concerns are becoming increasingly important. The use of natural compounds, due to their nutritional and bioactive properties, to prevent several diseases and health maintenance has been studied in recent years. In fact, their consumption or extraction of their biological active molecules to obtain new functional foods and/or nutraceuticals has been one of the focuses of research in the area of food science and technology. New advances have been made in food engineering to introduce bioactive compounds in foodstuff, keeping its beneficial properties during the shelf-life, and therefore maintaining the biological effects when consumed. This Special Issue on "Functional Food and Nutrition" will present the latest advances in obtaining new functional foods and/or nutraceuticals, and their impact on consumers' health. Therefore, we invite authors to submit unpublished, original, and high-quality work on this topic, as well as related issues and challenges.

Guest Editors

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Deadline for manuscript submissions

closed (30 July 2023)



Applied Sciences

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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.

Editor-in-Chief

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