

## Special Issue

# Lactic Acid Bacteria in Functional Foods: From Microbiology to Health Benefits

### Message from the Guest Editors

Lactic acid bacteria (LAB) are a widespread bacterial group that has a prominent role in food fermentation. LAB produce organic acids and other metabolites that enhance flavour and aroma development in food and prevent spoilage, increasing product shelf-life. Therefore, they are very useful in many food applications. Together with their technological role, they possess metabolic properties that can improve the nutritional and functional quality of food. Indeed, they can increase nutrient bioavailability, producing health-promoting compounds such as peptides with biological activities, gamma-aminobutyric acid and polysaccharides, and they can act as probiotics. The aim of this Special Issue is to discuss recent developments of the impact of microbial metabolism on the nutritional and functional quality of foods. Topics of interest will include advances in the exploitation of novel LAB strains for the development of fermented plant-based food or by-products with enhanced functional properties.

### Guest Editors

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### Deadline for manuscript submissions

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## Fermentation

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### Message from the Editor-in-Chief

Welcome to a new open access journal, Fermentation, which meets the growing need for a high quality peerreviewed international journal with easy access to all researchers globally. We hope that you will share our enthusiasm for this new journal and look forward to working with you to make Fermentation a leader in its field. Your contributions are vital for the success of this new journal. Proposals for editing a special issue for a particular topical area are always welcome.

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### Editor-in-Chief

Dr. Badal C. Saha  
Retired, National Center for Agricultural Utilization Research, USDA-  
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