Special Issue

Health and Bioactive Compounds of Fermented Foods and By-Products

Message from the Guest Editors

Microorganisms—mainly lactic acid bacteria, and yeasts—can produce large contents of secondary metabolites with several health benefits and preservative properties . At the same time, some microorganisms can increase the levels of vitamins, antioxidant compounds, peptides, exopolysaccharides, organic acids, and other bioactive molecules. Fermented foods contain living organisms that contribute to the modulation of gut microbiota, physiology, and cellular redox homeostasis, meanwhile enriching the host diet with new bioactive compounds. Thus, recent advances have also reported anticancer and immunomodulatory potential in a preclinical stage of an investigation. Moreover, other recent advances in fermentation are focused on food by-products, especially as a potential source of bioactive compounds and food-derived biopolymers that, after fermentation, could be combined with nanotechnology and used as ingredients and additives for nutraceutical and functional foods. Understanding the health benefits of bioactive molecules of food fermentation and their by-products is a growing field of research in food science, preventive nutrition, and the treatment of diseases.

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