

Special Issue

Probiotics, Prebiotics and Their Use as Innovative Ingredients in Food Technology, 2nd Edition

Message from the Guest Editor

Over the last few decades, probiotics, known for their beneficial effects on gut health, have emerged as innovative ingredients in food technology. Probiotics coupled with the concept of prebiotics, such as fructooligosaccharides, have revolutionized the landscape of food technology. They are considered the most important categories of functional foods studied and available worldwide. Additionally, synbiotics, postbiotics and psychobiotics also have been introduced as other promising products with documented relevant health benefits in humans.

Keywords: functional foods; beneficial microorganisms; probiotics; prebiotics; synbiotics; postbiotics; psychobiotics; gut microbiota; fermentation; nutrition and human health; vegetables; fruits; microbial analyses; physico-chemical analyses

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