

Special Issue

The Health-Boosting Power of Fermented Foods and Their By-Products

Message from the Guest Editors

Fermented foods are valued not only for their ability to prevent spoilage and extend shelf life but also for their potential health benefits. The proteolytic action of fermenting bacteria can enhance the bioavailability of beneficial compounds. Fermentation with selected microorganisms can also improve the nutritional properties of food waste and by-products, enhancing their antioxidant capabilities. Extracting compounds from food by-products allows these extracts to be used in the food industry to produce higher-quality products. The aim of this Special Issue is to publish innovative research and review articles on the following topics:

- The role of antioxidant compounds in fermented foods;
- The health benefits of combining fermented foods or food by-products with antioxidants;
- Interactions between antioxidants and fermentation products;
- The development of new fermented foods or beverages with antioxidant properties;
- Fermentation of by-products from the food processing industry;
- The identification of bioactive compounds released during fermentation;
- Evaluations of the effects of antioxidant compounds in fermented foods (in vitro, in vivo, and ex vivo).

Guest Editors

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About the Journal

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.

Editor-in-Chief

Dr. Badal C. Saha
Retired, National Center for Agricultural Utilization Research, USDA-
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manuscripts are peer-reviewed and a first decision is provided to authors approximately 15.5 days after submission; acceptance to publication is undertaken in 3.9 days (median values for papers published in this journal in the first half of 2025).