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Food Processing, Cooking and the Digestive System Modify the Bioaccessibility of Bioactive Compounds in Foods

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Deadline for manuscript
submissions:

closed (30 September 2024)

Message from the Guest Editors

Dear Colleagues,

The health benefits of the bioactive compounds of foods from plant or animal sources mainly depend on their bioaccessibility and bioavailability. The potential of bioactive compounds to exert their effects relies on their release from the matrix, and changes during digestion, absorption, metabolism and biodistribution.

In vitro standardised methods to simulate the different phases of digestion, including large intestinal fermentation, are widely used and permit the bioaccessibility of bioactive compounds to be determined. In vitro standardised gastrointestinal digestion can also be used to evaluate the influence of different food processing technologies on bioactive compounds bioaccessibility. Storage and processing conditions are important factors influencing the bioaccessibility/bioavailability of bioactive compounds in food formulations, and it is, therefore, important to consider the role these processes play.

The study of how food processing technologies and digestion affect the bioaccessibility/bioavailability of bioactive compounds is important for a full understanding of how these molecules interact with human physiological and pathological processes.



mdpi.com/si/158940

Special Issue



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Message from the Editor-in-Chief

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