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Mediterranean Foods: Technological, Sensorial and Nutraceutical Features

Guest Editors:

Prof. Dr. Francesca Venturi

Department of Agriculture, Food and Environment, University of Pisa, via del Borghetto 80, 56124 Pisa, Italy

Prof. Dr. Angela Zinnai

Department of Agriculture, Food and Environment, University of Pisa, Pisa, Italy

Deadline for manuscript submissions:

closed (10 December 2020)

Message from the Guest Editors

Dear Colleagues,

Being aware of the wide interaction of human diet and culture, UNESCO recognized the Mediterranean diet (MD) as an Intangible Cultural Heritage of Humanity in 2010.

Although different countries in the Mediterranean region have their own diets, they share the following pattern:

- Assumption of extra virgin olive oil (EVOO) as the main dietary fat.
- Use of cereals, mainly wheat (i.e., bread, pasta, couscous, and bulgur) and rice, as the main sources of carbohydrates and calories.
- High consumption of fruits, vegetables, fish, and seafoods together with moderate consumption of dairy products (mainly cheese and yogurt) and low consumption of meat and meat products.
- Consumption of moderate quantities of wine during meals.

We invite authors to submit original research papers or comprehensive review papers concerning Mediterranean foodstuffs as well as food chemical, sensorial, and nutraceutical characterization and their influence on human health.



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Dr. Francesca Venturi
Prof. Dr. Angela Zinnai

Special Issue



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Editor-in-Chief

Prof. Dr. Arun K. Bhunia

1. Department of Food Science, Purdue University, West Lafayette, IN 47907, USA
2. Department of Comparative Pathobiology, Purdue University, West Lafayette, IN 47907, USA

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Message from the Editor-in-Chief

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Contact Us

Foods Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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