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Optimizing Foods for Health: The Effect of Processing on Properties and Digestibility

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Message from the Guest Editors

Dear Colleagues,

The agro-food system has to simultaneously respond to a large variety of demands, including health, safety, and sustainable development goals, in a continuous dynamic process. The trends are challenging the different stakeholder counterparts (farmers, producers, traders) to improve the efficiency of their operations and to be more aware of the consumer's demands. New developments in scientific knowledge are key to fostering competitiveness. This Special Issue focuses on the effect of processing technologies (traditional and novel) as strategies for quality maintenance or improvement of the main food components (e.g., physical and chemical properties, nutritional value, sensory characteristics). Nevertheless, we would like to go further and try to better understand the impact of different processing methods on the ingredients commonly used in functional food and nutraceutical products, and in the digestibility and availability of the essential compounds of foods. To this end, we will cover a selection of relevant and original research and current review articles in the field.



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Special Issue



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Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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