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Probiotics and Functional Foods

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Message from the Guest Editor

The interest of consumers in the relationship between diet and health has increased over the years. Functional foods are nourishments that contain bioactive ingredients that can improve health and/or help to prevent certain diseases when they have been taken as part of a balanced diet and healthy lifestyle. Such as: (i) food with specific fatty acids, dietary fiber, vitamins, or minerals, (ii) food with biologically active components, like antioxidants, (iii) probiotics substances. Probiotics are an emerging category of functional foods, as they can provide health benefits above the traditional nutrition function when they are incorporated into food and pharmaceutical or cosmetic products. However, these products have a short shelf life.

The objective of this Special Issue is to focus on: (i) food bioactive ingredients; (ii) the characterization of functional foods based on their composition, efficacy, safety, and nutritional/healthy aspects, (iii) the development of food products with functional substances; (iv) the regulatory perspectives for functional foods. Original research articles, reviews, industrial cases, and short communications are welcomed and encouraged.



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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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