

Special Issue

Health Foods: Molecular Nutrition Mechanisms and Product Development

Message from the Guest Editor

Functional factors in health foods involve natural small molecules, bioactive proteins, etc. These bioactive molecules play very important roles in promoting human health. They have multiple advantages, including high activity, non-/hypoallergenic, multi-sources, etc.

However, how to identify and screen functional factors with specific activities is a great challenge. At present, experiments, calculations, and new theoretical methods are research strategies that need to be comprehensively considered, among which computational methods are gradually becoming a new efficient screening strategy due to the limitations of wet experimental methods (labour intensive, time consuming, and costly). At the same time, the action mechanism and functional relationship of these molecules also need to be studied. As more and more functional molecules are discovered, their application values will also be broadened to the fields of food, medicines, and so on. In conclusion, it is of great significance for health foods to establish appropriate strategies for finding functional factors, clarifying their mechanism, and developing new product-processing technology.

Guest Editor

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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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