

Special Issue

Lipids and Lipophilic Bioactive Compounds: Advances in Food and Health

Message from the Guest Editors

Lipids and lipophilic bioactive compounds are essential components of food, serving pivotal roles in cellular signaling, antioxidant defense, and the modulation of metabolic pathways. Beyond their health-promoting properties, lipophilic compounds contribute to food quality by enhancing sensory attributes such as flavor and texture while improving product stability and shelf life.

Although research on lipids and lipophilic bioactive compounds has advanced significantly, several areas remain underexplored. For example, the development of efficient and sustainable methods for their extraction, characterization, and delivery continues to be a challenge. Additionally, the mechanisms underlying their digestion, metabolism, and physiological effects require further elucidation. Emerging applications in functional foods, nutraceuticals, and personalized nutrition also highlight the need for innovative approaches to harness their potential fully.

This Special Issue aims to bring together cutting-edge research on these topics, including advancements in analytical techniques for bioactive lipids, sustainable extraction technologies, and novel delivery systems.

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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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