

# Special Issue

## Editorial Board Members' Collection Series in "Bioactive Foods and Ingredients for Health"

### Message from the Guest Editors

Certain compounds which are part of food have different biological activities and can improve different physiological functions in the organism. The most studied bioactive ingredients are polyphenols, carotenoids, vitamins, fiber, omega-3 fatty acids, organic acids, and phytosterols. Among the most studied bioactive foods are seeds, fats, vegetables, fruits, nuts, and legumes. There is increasing interest in determining bioactive foods and ingredients, and the processes for their consideration in dietary and public health recommendations are being discussed. It is necessary to have more solid evidence about the biological activities in which they are involved, the mechanism of action behind them, and adequate intakes. The effect produced by bioactive ingredients and foods can be different depending on different inter-individual factors such as the intestinal microbiome, nutrigenetics, epigenetics, etc. This Special Issue aims to provide an update on the scientific evidence on bioactive foods and ingredients and their ability to modulate metabolic processes, resulting in the promotion of better health.

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### Guest Editors

Prof. Dr. Susana Gonzalez-Manzano

Prof. Dr. Dejian Huang

Dr. Maria Hayes

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### Deadline for manuscript submissions

closed (29 February 2024)



# Foods

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## About the Journal

### 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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### Editor-in-Chief

Prof. Dr. Arun K. Bhunia

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#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 15 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the second half of 2025).

