

Special Issue

Innovations in Food Technology for Functional Foods: Exploring Sources, Processing Techniques and Health Benefits

Message from the Guest Editors

In recent years, scientific and technological advances in food processing have significantly contributed to the growing interest in the health-promoting potential of functional foods. A wide variety of bioactive compounds—such as polyphenols, peptides, carotenoids, terpenes, and alkaloids—can be incorporated into food matrices using innovative technologies that enhance their stability, bioavailability, and efficacy. This Special Issue aims to bring together cutting-edge research and reviews focused on the intersection of food technology and functional ingredients. Contributions are welcome that address the sourcing, processing, characterization, and incorporation of bioactive compounds into functional food products. Potential topics include but are not limited to the following:

- Food technology innovations for functional food development
- Sources and extraction of bioactive food components
- Green and sustainable processing methods
- Encapsulation and delivery systems for bioactive ingredients
- Mechanisms of action of functional compounds
- Plant-derived phytochemicals and health benefits
- Antioxidant and antimicrobial properties
- Bioavailability and bioaccessibility enhancement

Guest Editors

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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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