

Special Issue

Prospects for Human Health and Precise Nutrition – Biotechnology and Value-Added Processing in the Development of Novel and Traditional Functional Foods

Message from the Guest Editors

Functional foods are traditional or novel foods or dietary components that are considered to have health benefits in addition to providing basic nutrition. Thus, functional foods can help to reduce the prevalence of diseases by optimizing and regulating the capacity of the human microbiome and immune system to prevent and control both infections caused by pathogens, and pathologies resulted by functional alterations in the host. Some of the main types of functional foods, in addition to fermented conventional ones, include fruits and vegetables, whole grains, soy, nutraceuticals, probiotics, prebiotics, and synbiotics. Scientists worldwide are currently working on different facets of food production to provide information related to the functionality of food components, modern methods of production, and other health-related aspects. Food scientists work to integrate data related to traditional food products, unique recipes from local communities' food perception into human health, and pathways to the sustainability of modern nutrition to develop a strategy for integration and harmonization all our multifaceted knowledge in the area of "personalized and healthy" nutrition.

Guest Editors

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Deadline for manuscript submissions

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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.

Editor-in-Chief

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