

Special Issue

Probiotics and Lactic Acid Bacteria: Resource Development, Product Preparation and Health Benefits

Message from the Guest Editor

Probiotics and lactic acid bacteria are widely used in fermented foods, dietary supplements, and other products. Probiotics, including *Bifidobacterium*, *Lactobacillus*, *Enterococcus*, and *Pediococcus* spp., have a wide ecological niche and come from human intestines, breast milk, and traditional fermented foods. Probiotic preparation requires probiotic ingredients that maintain viability and stability during processing, storage, and gastrointestinal digestions. Furthermore, powdered probiotics as ingredients are manufactured into liquid and solid food products, such as fermented milk, dietary supplements, and other functional foods. *Bifidobacterium* and *Lactobacillus* are the most common probiotics; they are considered essential bacteria and interact with other gastrointestinal bacteria in the human gut, providing immense benefits to the host. The health benefits include regulating microbial composition to inhibit known pathogens or spoilage organisms, modulating immune responses, promoting intestinal peristalsis, influencing glucose and lipid metabolism, and benefiting brain health through colonizing the gastrointestinal tract and the urinary tract.

Guest Editor

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Deadline for manuscript submissions

closed (31 July 2025)



Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



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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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