

Special Issue

Health Benefits of Probiotics and Prebiotics in Functional Foods

Message from the Guest Editors

Probiotics are a class of microorganisms; their reasonable intake has beneficial effects on the body. Prebiotics are mainly oligo- or polysaccharides that are not easily digested by human enzymes. With the rapid development of food science, probiotics and prebiotics research and applications have also broadened and deepened. Over time, people's health consciousness has become more prominent, and healthier and multifunctional foods are favored by people. Therefore, functional foods containing prebiotics and probiotics should be developed in the future. At the same time, through the industrial production of probiotic products, some crucial research avenues include how to strengthen the stability of the physiological functions of bacteria, improve the product quality, and verify and detect the physiological effects of probiotics. In addition, new ways to obtain them are employed, such as the exploitation of agro-industrial wastes to produce high-value prebiotic compounds. This Special Issue aims to gather original research articles and reviews related to probiotics and prebiotics in functional 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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