

Special Issue

Health-Promoting Effects and Mechanisms of Functional Food Ingredients

Message from the Guest Editors

With the development of science and technology, as well as the in-depth investigation of food chemicals and biological functions, more attention has been paid to the role of food in health promotion. Most acute and chronic diseases in humans are related to long-term unhealthy diets; therefore, studying the health-promoting effects of the bioactive ingredients of functional foods is of great significance. Using analytical chemistry, molecular biology, cell biology, histopathology and other technologies to study the interaction of functional food ingredients with organism biomacromolecules, gut microbiota, etc., can help us to further explore the mechanisms of active ingredients in the treatment and prevention of diseases (such as cancer, obesity, diabetes and cardiovascular disease) and in health promotion. Constructing targeted delivery systems to improve the bioavailability of functional food ingredients can also reveal the interaction mechanisms and health-promoting effects that occur with the organism at the molecular level, allowing precise nutritional intervention to be achieved.

Guest Editors

Dr. Jing Meng

Prof. Dr. Feijun Luo

Prof. Dr. Haixia Yang

Deadline for manuscript submissions

closed (5 March 2025)



Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



mdpi.com/si/179880

Foods
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
foods@mdpi.com

[mdpi.com/journal/
foods](https://mdpi.com/journal/foods)





Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



[mdpi.com/journal/
foods](https://mdpi.com/journal/foods)



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.

Editor-in-Chief

Prof. Dr. Arun K. Bhunia

1. Department of Food Science, Purdue University, West Lafayette, IN 47907, USA

2. Department of Comparative Pathobiology, Purdue University, West Lafayette, IN 47907, USA

Author Benefits

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, FSTA, AGRIS, PubAg, and other databases.

Journal Rank:

JCR - Q1 (Food Science and Technology) / CiteScore - Q1 (Health Professions (miscellaneous))

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 14.9 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).