

Special Issue

Proteins and Peptides in Food: From Preparation to Properties and Applications

Message from the Guest Editors

Proteins and peptides have attracted significant interest as natural and functional ingredients in the food industry, driven by the growing demand for health-promoting and clean-label products. Synthetic additives and processed ingredients often face scepticism due to concerns over safety, allergies, and long-term health impacts. These biomolecules represent rich sources of essential amino acids and exhibit a range of bioactive properties, including antioxidant, antimicrobial, antihypertensive, and immunomodulatory activity, making them highly valuable in enhancing food quality and functionality. Although proteins and peptides show great potential as multifunctional food ingredients, their application is accompanied by challenges. Issues such as low bioavailability, instability during processing, potential allergenicity, and a bitter taste can limit their use in food systems. Recent technological advances have focused on developing novel delivery systems and modification methods to overcome these obstacles. Innovative approaches like encapsulation and enzymatic hydrolysis are being employed to enhance the stability, sensory qualities, and bioactivity of protein-rich foods.

Guest Editors

Dr. Xinxia Zhang

School of Food Science and Technology, Jiangnan University, Lihu Road 1800, Wuxi 214122, China

Prof. Dr. Li Wang

School of Food Science and Technology, Jiangnan University, Lihu Road 1800, Wuxi 214122, China

Deadline for manuscript submissions

15 April 2026



Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



mdpi.com/si/255374

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 15 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the second half of 2025).