

## 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.

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### Guest Editors

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## 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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### Editor-in-Chief

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