

Special Issue

Role of Food Digestion and Gastrointestinal System in the Nutritional, Functional and Health Properties of Food Bioactives

Message from the Guest Editors

Food Bioactives have recently received significant attention because of their positive effects on health beyond nutrition property. Food Bioactives usually include polysaccharides, polyphenols, carotenoids, polypeptides, prebiotics, etc. Research shows that those bioactives protect us from numerous health problems, prevent diabetes and obesity, manage blood pressure, protect against cardiovascular disease, lower cholesterol and possibly fight cancer and slow tumor growth. However, these 'super healthy effects' are declined by the digestion and gastrointestinal system and, therefore, the actual benefits are minor. It is challenging to establish an effective delivery system by scientific means that maintains those benefits and how effective the foods are in justifying any health claim. Furthermore, some food bioactives may be digested and generate more functional metabolites, impact gut microbiota, regulate immune activity, etc.

- The role of delivery system in food bioactive properties.
- The role of food digestion and gastrointestinal system in stability of food bioactive.
- The impact of bioactive on the digestion and gastrointestinal system.

Guest Editors

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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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