

Special Issue

Effect of Cooking and Processing Methods on the Bioactivities and Nutrition of Food Products

Message from the Guest Editors

The impact of cooking and processing methods on the bioactivities and nutrition of food products is a complex and multifaceted topic that has garnered significant attention in recent years. Processing techniques, such as canning, freezing, drying, fermentation, baking, and meat processing, significantly alter the chemical compositions, nutritional values, and bioactive properties of foods. In addition to these general processing methods, specific cooking techniques can also influence the bioactivity and nutrition level of foods.

In conclusion, the effect of cooking and processing methods on the bioactivities and nutrition of food products is profound. Understanding these effects is crucial for developing healthy and nutritious food products that meet consumer demands while ensuring safety and quality. Future research should focus on identifying optimal processing and cooking methods that maximize the retention of beneficial nutrients and bioactive compounds in foods. This Special Issue of *Foods* will focus on the areas of research discussed above. We invite the submission of original review/research articles concerned with novel ideas/concepts related to this topic.

Guest Editors

Dr. Klara Kraljić

Faculty of Food Technology and Biotechnology, University of Zagreb,
Pierottijeva 6, 10000 Zagreb, Croatia

Prof. Dr. Dubravka Škevin

Faculty of Food Technology and Biotechnology, University of Zagreb,
Pierottijeva 6, 10000 Zagreb, Croatia

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

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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.

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

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