

Special Issue

Advances in Polyphenol Extraction and Their Health-Promoting Properties in Plant Foods

Message from the Guest Editors

Polyphenols are among the most abundant and bioactive phytochemicals in plant-derived foods, exerting significant health-promoting effects due to their antioxidant, anti-inflammatory, and antimicrobial properties. Recent advances in extraction technologies have improved the recovery, stability, and bioavailability of these compounds, opening new opportunities for their application in functional foods, nutraceuticals, and disease prevention strategies. This Special Issue, “Advances in Polyphenol Extraction and Their Health-Promoting Properties in Plant Foods”, aims to gather cutting-edge research and comprehensive reviews on innovative extraction methods, characterization of polyphenol-rich matrices, and mechanistic insights into their biological activities. Contributions focusing on the valorization of agricultural by-products, the improvement of bioaccessibility, and evidence of health benefits *in vitro*, *in vivo*, or in clinical trials are particularly welcome. This collection seeks to bridge technological innovations with nutritional and health sciences, highlighting the crucial role of polyphenols in promoting sustainable and health-oriented food systems.

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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

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