

Special Issue

Healthier Meat and Meat Products: Nutritional Benefits and Effects on Human Health

Message from the Guest Editors

Meat and meat products represent important sources of dietary and nutritional benefits. With consumers becoming more health-conscious and having higher demands, the nutritional values of meat and meat products and their effects on metabolism have received more and more attention. This Special Issue will focus on processing technologies for healthy meat products, the identification and selection of functional components in meat and meat products, and the relationship between a meat diet and gut health, as well as the regulatory mechanisms linking meat-derived bioactive components and chronic metabolic diseases. Overall, with the progress currently being made in the field of meat science, novel meat processing and consumption methods can allow for a healthier approach to meat diets.

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.

Editor-in-Chief

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