

## 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

Prof. Dr. Wangang Zhang  
Dr. Marzena Zajac  
Dr. Lujuan Xing

---

### Deadline for manuscript submissions

closed (5 September 2025)



## Foods

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.1  
CiteScore 10.3  
Indexed in PubMed



[mdpi.com/si/232912](https://mdpi.com/si/232912)

*Foods*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[foods@mdpi.com](mailto:foods@mdpi.com)

[mdpi.com/journal/  
foods](https://mdpi.com/journal/foods)





# Foods

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.1  
CiteScore 10.3  
Indexed in PubMed



[mdpi.com/journal/  
foods](https://mdpi.com/journal/foods)



## 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

---

### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, FSTA, AGRIS, PubAg, and other databases.

#### Journal Rank:

JCR - Q1 (Food Science and Technology) / CiteScore - Q1 (Health Professions (miscellaneous))

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 15 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the second half of 2025).