# Special Issue

# Lactic Acid Bacteria: The Functions and Applications in Foods

## Message from the Guest Editors

Lactic acid bacteria (LAB), as natural microbiotas which can inhabit the human body, are generally recognized as safe, widely applied in the food industry, and have a long history. Previous works have proven that LAB not only improve the texture and taste of food but also exhibit a variety of biological activities, such as antioxidant, hypoglycemic, antihypertensive, cholesterol-lowering, antibiofilm, and antibacterial. LAB synthesize many natural and health-promoting compounds, including organic acids, bacteriocins, aromatic compounds, fatty acids, and exopolysaccharides in the fermentation process. Besides, the majority of LAB strains are used as probiotics which exert many functions, such as regulating the gut microbiota and enhancing the immune system. Furthermore, LAB and their fermentation products can be used to prepare postbiotics, which are formulations of lifeless microorganisms and/or their components that are beneficial to host health.

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## Deadline for manuscript submissions

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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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