

## 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.

---

### Guest Editors

Prof. Dr. Qingping Zhong

Guangdong Provincial Key Laboratory of Food Quality and Safety,  
College of Food Science, South China Agricultural University,  
Guangzhou 510642, China

Prof. Dr. Zhenlin Liao

College of Food Science, South China Agriculture University,  
Guangzhou 510642, China

---

### Deadline for manuscript submissions

closed (31 December 2025)



## Foods

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.1  
CiteScore 10.3  
Indexed in PubMed



[mdpi.com/si/202772](https://mdpi.com/si/202772)

*Foods*

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

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