

Special Issue

Fermented Foods: Microorganisms, Bioactive Components, and Health Benefits

Message from the Guest Editors

In recent years, fermented foods have attracted growing interest for their unique ability to combine tradition with scientific innovation. Fermentation, driven by metabolically active microorganisms, transforms raw ingredients while enriching foods with bioactive compounds that offer potential health benefits. This Special Issue focuses on the central role of microorganisms in driving the biochemical transformations that occur during fermentation. Special emphasis is placed on how microbial activity enhances the production, bioavailability, and functionality of health-promoting compounds—such as peptides, polyphenols, and vitamins—and their potential effects on gut health, immune response, and metabolic regulation. We welcome original research articles and reviews that investigate microbial dynamics, the production and characterization of fermentation-derived bioactive compounds, and their health-related effects assessed through in vitro, in vivo, or clinical studies. We look forward to hearing from you.

Guest Editors

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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.

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