

Special Issue

Recent Advances in Extraction Technologies and Health Benefits of Bioactive Compounds from Foods

Message from the Guest Editor

Recent advances in extraction technologies from food materials have significantly enhanced the efficiency, selectivity, and sustainability of bioactive compound recovery. Furthermore, the integration of these technologies with process optimization tools such as response surface methodology (RSM) has enabled greater control over extraction parameters, becoming essential in both research and industrial applications.

Bioactive compounds extracted from foods have garnered increasing interest due to their natural and health-promoting properties. Naturally occurring molecules have been shown to exhibit antioxidant, anti-inflammatory, anti-cancer, neuroprotective, and cardioprotective effects. Additionally, some compounds play a role in modulating gut microbiota, supporting immune function, and improving metabolic health. As research continues to uncover their mechanisms of action, these bioactive compounds are increasingly being used in the development of functional foods, dietary supplements, and nutraceuticals, offering a natural and holistic approach to disease prevention and health maintenance.

Guest Editor

Prof. Dr. Chun-Yung Huang

Department of Seafood Science, National Kaohsiung University of Science and Technology, No. 142, Haijhuang Rd., Nanzih District, Kaohsiung City 81157, Taiwan

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

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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

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

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