

Special Issue

Functional Foods for Health Promotion and Disease Prevention

Message from the Guest Editors

The growing interest in functional foods has driven innovation in novel food products designed to support health maintenance and reduce disease risk. However, significant challenges remain in substantiating their health benefits through robust scientific evidence. We invite original research, systematic reviews, and perspectives addressing various aspects of functional foods, including bioavailability, efficacy, clinical validation, and consumer perception. Submissions exploring the methodological hurdles in demonstrating health benefits, such as standardization of trials, biomarker identification, and regulatory requirements, are particularly welcome. Additionally, interdisciplinary studies that bridge nutrition, food science, and public health to strengthen the evidence base for functional foods are encouraged. This Special Issue seeks to foster discussion on how to enhance scientific rigor in this field and inform policy, industry, and public health strategies. By addressing these challenges, we aim to support the responsible development and application of functional foods in health promotion and disease prevention.

Guest Editors

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Deadline for manuscript submissions

closed (25 April 2026)



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Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



mdpi.com/si/231784

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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.

Editor-in-Chief

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