

Special Issue

Oils and Fats: Structure and Stability

Message from the Guest Editor

Oils and fats are fundamental components of both the human diet and industrial applications, contributing to nutrition, texture, flavor, and functionality in various food products. Understanding the structure and stability of oils and fats is crucial for enhancing their quality and performance, both in food processing and storage. The physical and chemical properties of lipids, including their crystallization behavior, oxidative stability, and susceptibility to degradation, are influenced by factors such as molecular composition, processing conditions, and environmental interactions. This Special Issue seeks to explore the latest advancements in the characterization, modification, and stabilization of oils and fats, focusing on novel methodologies and innovative strategies to improve their structure and shelf-life. Research on the impact of these factors on food quality, safety, and health implications will also be highlighted.

Guest Editor

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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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