

Special Issue

Functional Foods: Composition Detection, Benefits and High-Value Development

Message from the Guest Editors

Functional foods or food ingredients have gained significant attention in recent years due to their potential to provide health benefits beyond basic nutrition. This issue aims to explore the composition detection, benefits and high-value development of functional foods, highlighting their importance in promoting overall well-being. The accurate qualification and quantitation of bioactive components in functional foods enables the development of precise formulations that offer specific health benefits, such as improved digestion, enhanced immune function and reduced risk of chronic diseases. Potential topics include, but are not limited to, the following: Analysis of functional components in foods or food ingredients, including methodological improvement and simplification, screening methods and strategies, novel equipment or detection approaches; Assessing the functionality of bioactive compounds, food extracts, foods or food ingredients; Formation of functional products, including production techniques and the evaluation of associated health benefits.

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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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