

Special Issue

Exploring of Food-Derived Bioactive Peptides: Mechanism and Impact on Health

Message from the Guest Editors

Amidst growing global demand for sustainable and nutrient-dense foods, proteins and bioactive peptides show promising solutions for advancing human health and sustainable food systems. We invite the submission of original research and review articles that focus on bioactive peptides derived from animal, plant, and microorganism. Submissions addressing the complete research pipeline are highly encouraged, encompassing novel preparation methods and characterization of peptides, structure–activity relationships and mechanistic insights into bioactivity, evaluations of health benefits, including the prevention and management of diseases. We also welcome contributions on the application of these peptides as functional ingredients for developing foods that promote health and wellness. We anticipate your valuable insights and look forward to collaborating to advance this critical field.

Guest Editors

Prof. Dr. Xuewu Zhang

College of Food Science and Engineering, South China University of Technology, Guangzhou 510640, China

Prof. Dr. Yuqin Li

College of Chemical Engineering, Xiangtan University, Xiangtan, China

Deadline for manuscript submissions

closed (20 March 2026)



Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



mdpi.com/si/254936

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

[mdpi.com/journal/
foods](https://mdpi.com/journal/foods)





Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



[mdpi.com/journal/
foods](https://mdpi.com/journal/foods)



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

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

Author Benefits

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, FSTA, AGRIS, PubAg, and other databases.

Journal Rank:

JCR - Q1 (Food Science and Technology) / CiteScore - Q1 (Health Professions (miscellaneous))

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 15 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the second half of 2025).