

Special Issue

The Apprehension of Phenolic Compounds and Delivery of Health Properties through Fermented Food Products

Message from the Guest Editors

There has been an increase interest in the production of functional foods, aiming at the delivery of specific health benefits. However, the understanding of the exhibited functionality and health benefits delivery is crucial. In this frame, the increase in the antioxidant activity of various fermented products is interweaved with enhanced health properties. In this frame, phenolic compounds comprise a paramount category of bioactive antioxidant compounds leading to the prevention of oxidative damage associated with chronic disease and frustration of various free radicals. However, many of them have to be transformed, in order to exhibit their antioxidant properties. Fermentation can potentially convert the conjugated forms of phenolic compounds into their free forms and lead to ameliorated health-linked functionality. In particular, a well designated fermentation with proper microorganisms can lead to the production of free aglycones forms of the phenolic compounds, which exhibit higher antioxidative activity compared to their corresponding glycosides. At the same time, various produced metabolites seem to enhance the nutritional value of the fermented food products.

Guest Editors

Dr. Stavros Plessas

Prof. Dr. Argyro Bekatorou

Dr. Agapi Dima

Deadline for manuscript submissions

closed (10 September 2024)



Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



mdpi.com/si/164464

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 14.9 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).