

## Special Issue

# Probiotic Food: Health Effects and Future Prospects

### Message from the Guest Editors

Probiotics, as live microorganisms conferring health benefits when consumed in adequate amounts, have gained immense attention in recent years for their role in promoting gut health, modulating immunity, and preventing chronic diseases. Probiotic foods, such as yogurt, kefir, fermented vegetables, and fortified products, serve as effective vehicles for delivering these beneficial microbes. Emerging research highlights their potential in managing metabolic disorders, mental health (via the gut–brain axis), and even antimicrobial resistance. However, challenges remain, including strain-specific efficacy, stability during processing, and personalized nutrition approaches. This Special Issue aims to explore the latest advancements in probiotic food science, covering their health effects, mechanisms of action, and innovative applications. We welcome original research and reviews addressing novel probiotic strains, functional food development, clinical evidence, and future trends like synbiotics and postbiotics. By bridging gaps between science and industry, this Special Issue will contribute to shaping the future of probiotic-based dietary strategies for improved global health.

### Guest Editors

Prof. Dr. Zhenyuan Zhu

Dr. Longgang Jia

Dr. Weitao Geng

### Deadline for manuscript submissions

10 March 2026



## Foods

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*Foods*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[foods@mdpi.com](mailto:foods@mdpi.com)

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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.

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### 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

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