

Special Issue

Analysis of Natural Compounds Exercising Health Importance from Food

Message from the Guest Editors

The research and development of functional food ingredients has been a hot research topic in the food field in recent years, representing a trend of food development in the 21st century. Its rapid development reflects the awakening of today's population to their own health, and a countermeasure to face some "crises" generated by modern civilization (increased biochemical pressure, increased environmental pollution, the extensive use of chemicals, etc.), as well as the idea that people return to nature and re-advocate the "same origin of medicine and food". People's new requirements for food are no longer limited to basic nutritional requirements, but include the need for certain physiologically regulating or health-promoting effects. Which functional factors in the diet can prevent diseases or promote physical health? Which bioactive substances play a major role in the effects on health? What is the best intake method and what is the effective dose? We also wish to reveal the accurate mechanism of the dietary functional factors that regulate physiological function or health effects at the molecular level.

Guest Editors

Dr. Jiuliang Zhang

Dr. Rui Zhang

Prof. Dr. Jingren He

Deadline for manuscript submissions

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

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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