

Special Issue

Natural Bioactive Compounds and Foods of the Mediterranean Diet

Message from the Guest Editors

The Mediterranean Diet is inspired by the traditional diet of local populations of the Mediterranean basin and is recommended as a healthy dietary pattern that may reduce the risk of cardiovascular diseases, type 2 diabetes, and several cancer types. The principal aspects of this diet include proportionally high consumption of olive oil, legumes, wild plants, unrefined cereals, fruits, and vegetables, moderate to high consumption of fish, moderate consumption of dairy products (mostly cheese and yogurt), moderate wine consumption, and low consumption of non-fish meat products. The current Special Issue invites the submission of original research papers and review manuscripts related to the main natural products of the Mediterranean area and their health benefits, as well as to the characterization of natural bioactive compounds encountered in those foods and their potential application in different food products, mainly as a source of functional ingredients and as alternative, natural preservatives.

Guest Editors

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Deadline for manuscript submissions

closed (15 January 2022)



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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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