

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

Dr. Irini F. Strati

Dr. Dimitra Houhoula

Prof. Dr. Vassilia J. Sinanoglou

Deadline for manuscript submissions

closed (15 January 2022)



Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



mdpi.com/si/86494

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).