

Special Issue

Fortified Foods and Snacks: Strategies for Immune Enhancement, Healthy Aging, and Public Health

Message from the Guest Editors

This Special Issue of *Food* focuses on the rapidly evolving field of fortified functional foods. With current trends emphasizing the use of "food as medicine," there is an urgent need to explore novel fortified foods and snacks designed to combat nutritional deficiencies, boost immune function, and promote healthy aging. These products must combine the benefits of traditional fortification—the addition of essential vitamins and minerals to prevent deficiencies—with functional ingredients such as probiotics, bioactive compounds, and antioxidants that offer health benefits beyond basic nutrition. This Special Issue aims to compile cutting-edge research and reviews highlighting recent developments toward more targeted, technologically advanced, and sustainable methods of obtaining novel functional foods. Covered topics include the characterization and extraction of bioactive compounds, fortification, precision nutrition, and nanotechnology to improve the bioavailability and stability of nutrients.

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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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