

## Special Issue

# Exploring the Antioxidant Potential and Health Benefits of Plant Foods

### Message from the Guest Editors

Biologically active proteins, polyphenols, phytosterols, biogenic amines, carotenoids, and other plant-derived bioactive compounds have been shown to have positive effects on human health, including immunomodulatory, anti-inflammatory, and antioxidant qualities in addition to enhancing intestinal barrier function. The mechanisms underlying the bioactive qualities plant components will be discussed in this Special Issue, along with the extraction, chemical characterization and bioactivity of bioactive components obtained from fruit, vegetables, grains, and other plant sources that have health-promoting qualities. The potential of food-derived bioactive compounds will give researchers information that could be useful in developing future plans, such as selecting promising bioactive ingredients to create functional foods for a range of non-communicable diseases.

### Guest Editors

Dr. Sanja Krstic

Institute of Pharmaceutical Sciences, University of Graz, 8010 Graz, Austria

Dr. Maria-Eleni Grafakou

Faculty of Pharmacy and Chemistry, University of Regensburg, Regensburg, Germany

### Deadline for manuscript submissions

25 November 2025



## Foods

an Open Access Journal  
by MDPI

Impact Factor 5.1  
CiteScore 8.7  
Indexed in PubMed



[mdpi.com/si/223437](https://mdpi.com/si/223437)

*Foods*

Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[foods@mdpi.com](mailto: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 14.9 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).