

## Special Issue

# Fermented Foods and Their Health Benefits

### Message from the Guest Editor

Fermented foods and beverages are gaining great attention due to their natural, nutritional, and functional utility for the promotion of health. Fermented foods are rich in probiotic bacteria, and their consumption enriches the pool of beneficial bacteria and enzymes in the intestine, thereby increasing the health of gut microbiome and digestive system and enhancing the immune system. Various studies have reported that fermented food are probiotic-rich with potential health benefits. These observations emphasize the need to study the effect of fresh produce and fermented products in relation to gut microbiota diversity to better take advantage of their health benefits.

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### Guest Editor

Dr. Kavita Sharma

Department of Chemistry/Pharmacy, Idaho State University, Pocatello, ID, USA

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### Deadline for manuscript submissions

closed (30 September 2021)



## Foods

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*Foods*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[foods@mdpi.com](mailto:foods@mdpi.com)

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### 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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### 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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