Special Issue

Food Components in Health Promotion and Disease Prevention

Message from the Guest Editors

The aim of this Special Issue is to expand our knowledge around the rational use of foods and natural antioxidant compounds, also extracted from high-quality byproducts, in the management and prevention of chronic inflammatory and metabolic diseases. In this regard, the papers submitted should include robust biological data underlying the protective role of foods and their ingredients, alongside a detailed description of the chemical composition. Specifically, biological and pharmacological investigations may include an evaluation of the protective effects through in vitro models (i.e., cell cultures, pathogen microbiological strains, isolated tissue), including preclinical and clinical data based on validated and reproducible models. Regarding the chemical composition of the investigated products, the authors are strongly invited to submit papers reporting the identification and quantification of food components, through chromatographic and/or spectroscopic data. The description of the mechanism of action will be much appreciated, which could also include a bioinformatics approach based on targets–components analysis, in particular for bioactive extracts from foods.

Guest Editors

Prof. Dr. Luigi Brunetti
Department of Pharmacy, "G. d'Annunzio" University, Via dei Vestini 31, 66100 Chieti, Italy

Dr. Annalisa Chiavaroli
Department of Pharmacy, "G. d'Annunzio" University of Chieti-Pescara, via dei Vestini 31, 66100 Chieti, Italy

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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

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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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).

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