

Special Issue

Functional and Fortified Foods

Message from the Guest Editors

Functional foods are those that, when consumed regularly, have physiological and not just nutritional benefits. These physiological effects are related to the presence of bioactive compounds that have been shown to have several specific properties, such as antioxidant, antimutagenic, antibacterial or anti-inflammatory activities. On the other hand, fortified foods are those that are enriched with specific nutrients, usually vitamins and minerals, that are deficient in the diet. Thus, both functional and fortified foods can help to reduce the risk of disease development and, consequently, promote health and wellbeing. In this Special Issue, we invite investigators to contribute with original research articles, as well as review articles, focused on the characterization of the bioactive properties of plant foods and on strategies to increase their content in minerals and bioactive compounds. Papers focused on the bioaccessibility/bioavailability of added nutrients or bioactive compounds will be particularly welcome.

Guest Editors

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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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