

Special Issue

The Intervention and Regulatory Potential of Natural Active Substances in Foods on Chronic Diseases

Message from the Guest Editors

Natural active substances in foods include not only essential substances in organisms, such as proteins and fats, but also various secondary metabolites, such as glycosides, tannic acids, flavonoids, alkaloids, or pigments found in plants; microbial metabolites, such as sugar peptides, peptides, or various organic acids; and animal peptides extracted from animal tissues (such as bones, skin, or cartilage). Research has found that natural active substances show various biological activities, including anti-tumor, anti-oxidant, anti-viral, anti-inflammatory, blood-sugar-lowering, blood-lipid-lowering, anti-bacterial, immune-enhancing, obesity-improving, and cardiovascular-disease-reducing functions. Common chronic diseases, including asthma, heart disease, hypertension, hyperlipidemia, diabetes, malignant tumors, and mental health disorders, are difficult to treat. Used alongside corresponding drug treatments, dietary interventions to improve foods, such as by incorporating rich, natural active substances, can serve as an effective means of preventing/alleviating chronic diseases.

Guest Editors

Dr. Fangyu Long
Dr. Guangxu Ren
Dr. Yuchen Zhu

Deadline for manuscript submissions

closed (20 August 2025)



Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



mdpi.com/si/213329

Foods
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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 15 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the second half of 2025).