

Special Issue

The Health Benefits of the Bioactive Compounds in Foods

Message from the Guest Editors

Development of new foods or nutraceuticals with health benefits is a current topic today. However, this launch of new products should be endorsed by strong scientific evidence on the health benefits attributable to the intake of their bioactive ingredients. To this purpose, an elucidation about the most suitable source of a specific bioactive compound is required. This study should include the development of the better extraction technique, isolation. Moreover, the biological activities of these compounds should be elucidated, including in vitro, cell, and also clinical trials. Studies focusing on changes during the digestion process, intestinal absorption rates, biological mechanisms of action or bioactivity of their metabolites are required to establish the real contribution of these compounds to the health status.

Therefore, this Special issue is looking for original research papers and review articles addressing recent advances in health benefits of the bioactive compounds in foods.

Guest Editors

Dr. Laura Jaime

Institute of Food Research (CIAL, UAM-CSIC). Universidad Autónoma de Madrid, Nicolás Cabrera, 9, 28049 Madrid, Spain

Prof. Dr. Susana Santoyo

Institute of Food Research (CIAL, UAM-CSIC), Universidad Autónoma de Madrid, Nicolás Cabrera, 9, 28049 Madrid, Spain

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Foods
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
foods@mdpi.com

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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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