

Special Issue

Development and Evaluation of Novel Functional Foods

Message from the Guest Editor

Functional foods have specific nutritional and health functions: that is, they are suitable for specific people to eat, have the function of regulating the body, and are not used for treatment purposes. In recent years, due to increasing health demands, functional foods have attracted wide attention, becoming a hot topic in nutrition and health research. These foods can produce positive physiological reactions in the human body, such as enhancing immunity, regulating the gut flora, acting as antioxidants, and reducing the risk of cardiovascular disease, by being rich in specific functional ingredients, including vitamins, minerals, dietary fibers, antioxidant substances, probiotics, etc. The development and evaluation of new functional foods can help deepen our knowledge of the metabolic process and the mechanisms of action of and interaction between functional food components and the human body. In response to the latest trends and research prospects, this Special Issue of *Foods* invites you to submit recent research on the development and evaluation of novel functional foods alongside research results and/or quality reviews on this subject.

Guest Editor

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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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