

Special Issue

Innovative Functional Foods for Chronic Disease Prevention

Message from the Guest Editors

This Special Issue welcomes original research articles, reviews, and short communications that address, but are not limited, to the following topics:

- Mechanistic studies on plant-based sugars, carbohydrates, and dietary fibers that influence glycemic index and glycemic load
- Development of functional foods from fruits, vegetables, grains, and legumes with low glycemic potential
- Innovative technologies for measuring, predicting, and modulating glycemic response and insulin sensitivity
- Interactions between the gut microbiome and plant-derived carbohydrates and their role in chronic disease prevention
- Nutritional interventions and clinical trials assessing the effectiveness of functional foods in managing glycemic control
- Advances in food processing, bioavailability, and nutrient delivery systems that optimize glycemic outcomes
- Epidemiological and population-based studies linking plant-based diets with reduced metabolic and chronic disease risks

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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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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).