

## Special Issue

# Beneficial Effects of Probiotics and Active Substances: Advanced Food and Human Health Applications

### Message from the Guest Editors

Probiotics are generally defined as “live microorganisms [that] could improve [the] host’s health when administrated at a certain amount”. Knowledge of probiotics originated from the health benefits of fermented products like beer, sauerkraut, yogurt, bread, and cheese. Indeed, these beneficial microorganisms could improve the flavor and texture of fermented foods, extend their shelf life, enhance their nutritional value, and produce health-promoting metabolites. Currently, probiotics are considered beneficial factors for foods or therapeutic interventions for various health conditions. This Special Issue aims to cover the most recent cutting-edge research on probiotic foods, including mining and evaluating novel strains for food, the interaction and synergistic effect of mixed starter strains, and the assessment of probiotic foods’ functional activity. Original research and reviews concerning prebiotics, natural active substances, and human health are also welcome. We kindly invite you to contribute to this Special Issue.

### Guest Editors

Dr. Jichun Zhao

Dr. Chunqing Ai

Dr. Nan Zhao

### Deadline for manuscript submissions

closed (20 June 2025)



## Foods

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### 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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### Editor-in-Chief

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