

Special Issue

Bio-Functional Properties of Lactic Acid Bacteria in Functional Foods

Message from the Guest Editor

Lactic acid bacteria (LAB) are pivotal in the production of fermented foods, serving as functional ingredients that enhance both the quality and safety of these products. The presence of LAB in fermented foods, such as cheese, yogurt, sauerkraut, salami, olives, kimchi, etc., has been associated with improved digestibility, enhanced nutrient bioavailability, and potential therapeutic benefits. Selected LAB can play a crucial role in the cultural identity of regional cuisines, often involving native ingredients and traditional practices. The variability of artisanal production, however, poses challenges in identifying specific LAB strains, which can include species like *Lactobacillus* and *Streptococcus*, among others, and can be actively involved not only in technological but also in biopreservation and even therapeutical properties. Despite this, the health benefits conferred by these microorganisms, such as improved lactose digestion, infection prevention, and possible cancer risk reduction, underscore their significance in the food industry.

Guest Editor

Dr. Svetoslav Todorov

ProBacLab, Laboratório de Microbiologia de Alimentos, Departamento de Alimentos e Nutrição Experimental, Faculdade de Ciências Farmacêuticas, Universidade de São Paulo, São Paulo 05508-000, SP, Brazil

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

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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.

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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