

## Special Issue

# Sustainable Omega-3 Foods: Fish, Vegetable and Innovative Sources

### Message from the Guest Editors

The beneficial role of omega-3 polyunsaturated fatty acid (PUFA) in human health is widely recognised. Marine products, are unique sources of eicosapentaenoic acid and docosahexaenoic acid, while vegetables and fruits are good sources of  $\alpha$ -linolenic acid. However, despite increasing demand for health-promoting foods, diets low in seafood and vegetables remain prevalent. This situation has led to the development of foods enriched or supplemented with omega-3 PUFA, such as dairy products, bread and meat. For these reasons, it is of extreme importance to devote particular attention to recent innovations in the field of healthy food. The aim of this Special Issue is to gather the most advanced research on naturally rich and enriched omega-3 PUFA foods. Conventional and alternative sources of omega-3 PUFA, as well as the processing or production technologies, will be considered to improve the knowledge on the characteristics of each source of omega-3 PUFA, including the nutritional quality and sensory properties. Researchers are invited to contribute to this Special Issue by submitting original research articles or reviews.

### Guest Editors

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### Deadline for manuscript submissions

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## 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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