

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 α -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

Dr. Amparo Goncalves

1. IPMA, I.P - Portuguese Institute for the Sea and Atmosphere, Division of Aquaculture, Upgrading and Bioprospection, 1495-165 Lisboa, Portugal
2. CIIMAR - Interdisciplinary Centre of Marine and Environmental Research, University of Porto, 4450-208 Matosinhos, Portugal

Dr. Narcisa Maria Bandarra

1. Division of Aquaculture, Upgrading and Bioprospection, IPMA, I.P.– Portuguese Institute for the Sea and Atmosphere, Av. Dr. Alfredo Magalhães Ramalho 6, 1495-165 Lisbon, Portugal
2. CIIMAR–Interdisciplinary Centre of Marine and Environmental Research, Terminal de Cruzeiros de Leixões, Av. General Norton de Matos s/n, 4450-208 Matosinhos, Portugal

Deadline for manuscript submissions

closed (15 February 2023)



Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



mdpi.com/si/103431

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

[mdpi.com/journal/
foods](https://mdpi.com/journal/foods)





Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



[mdpi.com/journal/
foods](https://mdpi.com/journal/foods)



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.

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

Author Benefits

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, FSTA, AGRIS, PubAg, and other databases.

Journal Rank:

JCR - Q1 (Food Science and Technology) / CiteScore - Q1 (Health Professions (miscellaneous))

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 14.9 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).