

## Special Issue

# Food Hydrocolloids: Functional Properties, Nutritional Benefits and Novel Applications for Delivery of Bioactive Compounds

### Message from the Guest Editors

This Special Issue, named "Food Hydrocolloids: Functional Properties, Nutritional Benefits and Novel Applications for Delivery of Bioactive Compounds", aims to delve into the latest research progress on how food hydrocolloids enhance food quality, facilitate nutrient absorption and deliver health-promoting bioactive compounds. This Special Issue will comprehensively analyze the functional properties of food hydrocolloids, such as improving food taste, texture and stability, while revealing their crucial role in regulating the hydrolysis of macronutrients like fats, proteins and starches in the gastrointestinal tract. Furthermore, we will explore how food hydrocolloids alter the pharmacokinetics and bioavailability of hydrophobic bioactive compounds, as well as how they protect these compounds from chemical degradation during storage, thereby enhancing their bioavailability after consumption. More importantly, this Special Issue will focus on the innovative applications of food hydrocolloids in delivering bioactive compounds that are vital for promoting human health and well-being.

### Guest Editors

Dr. Fuchao Zhan

College of Food Science and Technology, Nanjing Agricultural University, Nanjing, China

Dr. Xiangwei Zhu

School of Life and Health Science, Hubei University of Technology, Wuhan, China

### Deadline for manuscript submissions

31 January 2026



## Foods

an Open Access Journal  
by MDPI

Impact Factor 5.1  
CiteScore 8.7  
Indexed in PubMed



[mdpi.com/si/227888](https://mdpi.com/si/227888)

*Foods*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[foods@mdpi.com](mailto: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).