

Special Issue

Flavonoids in Plant Foods: Extraction, Identification, Metabolism, Bioavailability and Health

Message from the Guest Editors

Flavonoids are a group of bioactive compounds contained in plant foods with potential health benefits. The antioxidant, anti-inflammatory, anti-obesogenic and immunomodulatory activity they display are just some of the health benefits that have been identified through different experimental models. However, the diversity, metabolism and bioavailability of flavonoids, as well as the mechanisms by which they induce health benefits, are still being evaluated, so research in this area is relevant and necessary. This Special Issue aims to receive contributions offering considerable advances in the field of flavonoids, specifically those that include developments in extraction, identification, metabolism, bioavailability and their effects on health. These investigations will contribute to identifying strategies to incorporate flavonoids in supplements, nutraceuticals and functional foods and thereby contribute to their benefits reaching the population, which may be otherwise limited because flavonoids are found in perishable plant foods. We cordially invite fellow researchers in these fields to submit their contributions to this Special Issue.

Guest Editors

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Deadline for manuscript submissions

20 December 2025



Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



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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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