

## Special Issue

# Delivery Systems for Improved Bioavailability of Bioactive Food Ingredients

### Message from the Guest Editors

This Special Issue aims to gather cutting-edge research and comprehensive reviews on the design, fabrication, and evaluation of novel delivery systems. We welcome contributions focusing on various encapsulation strategies, such as emulsion-based systems, nanoliposomes, nanoparticles, and hydrogels, that enhance the stability, solubility, and targeted delivery of bioactive food ingredients. Studies investigating the behavior of these systems under simulated gastrointestinal conditions, their interaction with biological barriers, and in vitro or in vivo bioavailability assessments are particularly encouraged. In addition to original research articles, insightful reviews that summarize recent developments, identify emerging trends, and discuss future directions in this rapidly evolving field are highly appreciated.

---

### Guest Editors

Dr. Jixian Zhang

College of Food Science and Engineering, Yangzhou University, Yangzhou 225127, China

Dr. Chaoting Wen

College of Food Science and Engineering, Yangzhou University, Yangzhou 225127, China

---

### Deadline for manuscript submissions

closed (15 May 2026)



## Foods

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.1  
CiteScore 10.3  
Indexed in PubMed



[mdpi.com/si/260905](https://mdpi.com/si/260905)

*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 10.3  
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 15 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the second half of 2025).