

Special Issue

Functionality and Stability of Probiotics, Postbiotics, and Parabiotics in the Food System

Message from the Guest Editors

In recent years, there has been growing interest in the role of gut health in overall well-being, leading to a surge in the consumption of probiotic products. Probiotics are live microorganisms that, when administered in adequate amounts, confer health benefits on the host. However, the effectiveness of probiotics is highly dependent on their functionality and stability within the food system.

Functionality refers to the ability of probiotics to exert their beneficial effects, such as improving digestion, enhancing immune function, and reducing the risk of certain diseases. To ensure functionality, it is crucial to select probiotic strains with documented health benefits and incorporate them into food products in sufficient quantities.

Overall, ensuring the functionality and stability of probiotics, postbiotics, and parabiotics in the food system is crucial for developing innovative and reliable functional food products. Advances in techniques and technologies are needed to optimize their viability, bioactivity, and delivery methods, ultimately enhancing the potential health benefits they can provide.

Guest Editors

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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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