

Special Issue

Bioactive Compounds in Functional Foods: From Food Preservation to Health Benefits

Message from the Guest Editor

The global demand for functional foods is rapidly increasing, driven by a growing consumer focus on health, wellness, and disease prevention. At the heart of this trend are bioactive compounds, natural or processed constituents—such as polyphenols, peptides, carotenoids, and dietary fibers—that provide physiological benefits beyond basic nutrition.

Historically, many of these compounds have been utilized for their inherent preservative properties, inhibiting oxidation and microbial growth to enhance food safety and shelf-life. Nowadays, scientific research is increasingly revealing their dual role: not only do they serve as natural agents for food preservation, but they also deliver significant health benefits, including antioxidant, anti-inflammatory, antimicrobial, cardioprotective, and gut-modulating effects. This Special Issue aims to compile high-quality original research and review articles that explore the multifaceted roles of bioactive compounds in functional foods, spanning from their application in food preservation to their mechanisms of action in delivering health benefits.

Guest Editor

Dr. Adriano Costa de Camargo

Nutrition and Food Technology Institute, University of Chile, Santiago 7830490, Chile

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

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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

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