

Special Issue

Advanced Polyphenol Research: Enhancing the Health Benefits of Polyphenols in Plant-Based Foods

Message from the Guest Editor

Polyphenols, a class of secondary metabolites that are primarily present in plant-based foods, have garnered considerable attention due to their multifaceted beneficial effects on human health, including their antioxidant activity and anti-cancer and cardiovascular protection, among others. A further understanding of the bioavailability, stability and underlying health-promoting mechanisms of polyphenols is important for the prevention of chronic diseases, the enhancement of the quality of life, and ultimately, the creation of novel or improved healthy foods. In addition, research on the analysis, preparation, safety risks and potential applications of polyphenols will be addressed. On this basis, potential topics for this Special Issue include, but are not limited to, the following:

- Novel nutrition delivery systems;
- Nanotechnology for bioavailability enhancement;
- The impact of food processing;
- Interactions between polyphenols and the gut microbiota;
- Analysis techniques;
- Large-scale extraction and purification methods;
- The structural modification and preservation of polyphenols;
- Safety assessment.

Guest Editor

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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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