

Special Issue

Bioactive Compounds in Food: Sources, Stability, Bioavailability and Health Benefits

Message from the Guest Editors

Bioactive compounds are key constituents in food that extend beyond basic nutrition, offering significant potential for promoting human health and preventing chronic diseases. This Special Issue aims to compile cutting-edge research addressing the complete journey of these compounds: from their sources to their stability during processing, storage, and culinary preparation. A core focus will be on their bioavailability. Finally, we seek contributions elucidate their mechanisms of action and substantiate their health benefits through in vitro, in vivo, and clinical studies. We welcome submissions on a wide range of topics, including, but not limited to, the following:

- Novel and Unconventional Sources;
- Effects of conventional and emerging technologies on the stability, structure, and activity of bioactive compounds during processing and storage;
- Gastrointestinal Fate and Absorption;
- Delivery System Design and Application;
- Molecular and Cellular Mechanisms of Action;
- Clinical Evidence and Human Interventions.

Guest Editors

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Deadline for manuscript submissions

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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

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 14.9 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).