

## Special Issue

# Research Advances in Fermented Foods and Beverages: Technology, Sensory Properties, Microbiological Characteristics, and Health Benefits

### Message from the Guest Editors

Fermentation, originally used for food preservation, is now essential for improving food quality, nutrition, and sustainability. It plays a key role in producing a wide range of high-quality foods. Fermented foods, especially those containing probiotics, offer enhanced nutritional value and functional properties. They provide several health benefits, including support for gut health, metabolism, and nutrient absorption, while also helping reduce the risk of chronic non-communicable diseases and immune disorders. Recent technological and scientific advances have significantly improved the efficiency, safety, and quality of fermented foods. Key strategies include bioprocess engineering, precision biotechnology, the development of tailored starter cultures, use of sustainable raw materials, etc. Innovative tools such as high-throughput sequencing, predictive microbiology, smart packaging, artificial intelligence, and blockchain have further revolutionized fermentation. As the fermented food market expands, ensuring product safety remains critical. This Special Issue highlights recent innovations addressing safety, quality, and consumer-driven demands for health and sustainability.

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### Deadline for manuscript submissions

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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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### Editor-in-Chief

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