

Special Issue

The Benefits of Food Extracts for Human Health

Message from the Guest Editors

Given the growing research in relation to nutrition and health, certain commodities, such as bioactive-compound-rich fruits and vegetables (BCs), have emerged as having potential health advantages. Foods have long been thought to contribute to health promotion due to their bioactive compounds. The efficient recovery of these BCs, as well as the determination of their effectiveness in marketed goods have been significant obstacles for researchers and food chain participants seeking to produce products that benefit human health. In addition, food extracts are good candidates to replace synthetic substances, which are often thought to have toxicological and carcinogenic consequences due to their natural origin. The goal of this Special Issue is to highlight existing evidence regarding the various potential benefits of food extract consumption, with a focus on in vivo studies and epidemiological studies, bioavailability and bioaccessibility, and the use of food extracts to improve the nutritional and health-related properties of foods.

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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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