

## Special Issue

# Plant-Based Fermented Foods: Functional and Nutraceutical Properties

### Message from the Guest Editors

Plants are well known as a rich source of bioactive compounds and indigenous microflora exerting health promoting effects. The fermentation process has always received attention due to its preserving and health benefit properties. Currently, there are new plant-based fermented products from new plants species, starter cultures, and technological parameters of the process. Fermented foods have unique functional properties due to the presence of functional microorganisms, which enhance nutraceuticals, destroy undesirable components, prevent food deterioration, and fortify food with bioactive compounds. An increase in the consumption of fermented foods as functional foods, nutraceutical-based foods, and bio-foods also is observed. The objective of this Special Issue is to highlight the existing knowledge of the various potential benefits of plant fermentation, which improves the nutritional and health-related properties of plant-based fermented foods. This special issue also focuses on analytical methodologies that give evidence for the presence of bioactive compounds and phytonutrients in plant-based fermented food.

### Guest Editors

Prof. Dr. Adam Wasko

Department of Biotechnology, Microbiology and Human Nutrition,  
Faculty of Food Science and Biotechnology, University of Life Sciences  
in Lublin, Lublin, Poland

Prof. Dr. Waldemar Gustaw

Department of Plant Food Technology and Gastronomy, Faculty of Food  
Science and Biotechnology, University of Life Sciences in Lublin, Lublin,  
Poland

### Deadline for manuscript submissions

closed (30 May 2021)



## Foods

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.1  
CiteScore 8.7  
Indexed in PubMed



[mdpi.com/si/61480](https://mdpi.com/si/61480)

*Foods*

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

[mdpi.com/journal/  
foods](https://mdpi.com/journal/foods)





# Foods

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.1  
CiteScore 8.7  
Indexed in PubMed



[mdpi.com/journal/  
foods](https://mdpi.com/journal/foods)



## 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

---

### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, FSTA, AGRIS, PubAg, and other databases.

#### Journal Rank:

JCR - Q1 (Food Science and Technology) / CiteScore - Q1 (Health Professions (miscellaneous))

#### Rapid Publication:

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).

