

Special Issue

Recent Research Advance of Plant-Based Fermented Food

Message from the Guest Editor

Plant-based fermented foods are an important component of human diets all over the world.

Fermentation of plant matrixes not only extends the shelf life but also results in changes in organoleptic and nutritional properties of the product via producing complex flavor compounds, enhancing the digestibility of macromolecules or improving the bioavailability of phytochemicals. Recently, it has been reported that consuming more fermented foods may increase microbiome diversity and lower inflammation, highlighting their high functional value and a positive effect on human health. In this Special Issue (SI), we aim to publish innovative research work and review papers on plant-based fermented foods (e.g., vegetables, fruits, cereals, and herbs). This SI may provide novel insights to enhance the organoleptic, health, and nutritional features of plant-based fermented foods.

Guest Editor

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Deadline for manuscript submissions

closed (31 July 2022)



Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



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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.

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