

Special Issue

Probiotics: Health Benefit and New Ideas in Food Development

Message from the Guest Editors

Among functional foods, the category of foods enriched with bioactive substances and bacteria is frequently mentioned. These foods have demonstrated a reduction in cancer risk, improvement of heart, gastrointestinal and urinary tract health, reduction in osteoporosis and stimulation of the immune system.

Lactic acid bacteria (LAB) are a large family of strains with probiotic properties used in the food industry for ameliorating the flavor, texture and shelf preservation period of many foods, such as dairy products, juices, meat products, etc. LAB display numerous technological properties, such as fermentative activity, good survivability during freeze-drying/spray-drying and proper viability in food systems.

Methods including immobilization and microencapsulation on different matrices are used in food production to increase the viability of probiotic strains. Further investigation should take place in order to ameliorate the possibility for the survivability of probiotics in a variety of food systems.

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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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