Special Issue

Influence of Processing and Digestion on the Stability, Bioaccessibility and Bioactivity of Food Polyphenols

Message from the Guest Editors

Dietary habits are thought to be pivotal in the prevention of chronic and degenerative diseases. In this context, the role of flavonoids and related compounds, as components responsible for the protective effects of a plant-food rich diet, has become an increasingly important area of human nutrition research.

The health effects of polyphenols are dependent on their bioaccessibility and bioavailability, which in turn may be affected by food processing and digestion.

Food processing research should be tailored to optimize processing methods, which may have the potential of retaining, releasing or transforming these compounds into more bioavailable forms. Moreover, polyphenols are extensively metabolized through the action of both intestinal and hepatic enzymes and the intestinal microbiota. The metabolites resulting from digestive or hepatic activity may differ from the native substances in terms of biological activity.

Understanding the mechanisms of the bioavailability and metabolism of the various polyphenols is the first necessary step to evaluate and increase their possible in vivo biological activities.

Guest Editors

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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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