

Special Issue

Vegetable Matrix as a Source of Nutritional and Microbial Value for Healthy Food

Message from the Guest Editor

Vegetable foods/matrices have long been fermented as a means of preservation to enhance shelf-life and improve flavour. More recently the fermentation process and resulting products from vegetable-based foods have attracted a lot of scientific interest largely driven by many health benefit claims with a focus on the microorganisms contributing to the fermentation process and the matrix. The role of some plant-based fermented foods with particular microorganisms have also emphasised the bioactivities (anti-microbial, anti-allergenic, anti-hypertensive and anti-inflammatory) of metabolites produced during the fermentation process. Several components in the vegetable food matrix (for e.g. fibre, polyphenols) have been suggested as prebiotics in the large gut that have shown an influence on the gut microbiome and an association with a reduction in the incidence of some chronic disease conditions.

This topic will explore the current status of knowledge in the field of nutritional and microbial properties of fermented foods with a focus on the vegetable matrix and their influence on health.

Guest Editor

Dr. Jayashree Arcot

Food and Health Research, School of Chemical Engineering, University of New South Wales, Sydney, NSW 2052, Australia

Deadline for manuscript submissions

closed (15 September 2023)



Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



mdpi.com/si/127650

Foods

Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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).