

Special Issue

Virgin Olive Oil: Health Benefits and Processing

Message from the Guest Editors

Extra-virgin olive oil is a characteristic ingredient of the "Mediterranean diet" that is universally recognized as a putative anti-atherogenic and cardioprotective oil. Many of its health benefits are linked to its constituent antioxidant compounds, such as polyphenols and tocopherols. However, other minor components may play a crucial role in the beneficial effects associated with extra-virgin olive oil consumption. From this perspective, the development of new analytical approaches to fully characterize these oils and to assess their quality and functional properties is of extremely importance. The purpose of this Special Issue, "Virgin Olive Oil: Health Benefit and Processing" is four-fold: (1) to highlight the effect of the extraction process on olive oil functional compounds; (2) to evaluate emerging strategies for the enhancement of the olive oil antioxidant content; (3) to focus on the nutritional and health aspects of olive oil consumption; and (4) to report on improved methods for determining the authenticity of olive oil and its nutritional properties to allow its quality to be guaranteed.

Guest Editors

Prof. Lanfranco Conte

University of Udine | UNIUD Department of Agri Food, Environmental and Animal Sciences

Prof. Dr. Paolo Lucci

Department of Agri Food, Environmental and Animal Sciences, University of Udine, Via Sondrio 2A, I-33100 Udine, Italy

Deadline for manuscript submissions

closed (10 September 2020)



Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



mdpi.com/si/27156

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).