

## Special Issue

# Molecular Insights into Functional Lipids in Food Chemistry

### Message from the Guest Editors

Functional lipids not only provide energy but also have nutritional value and play an important role in staying healthy and managing chronic diseases. Functional fats are generally divided into three categories: glycerides (e.g., medium-carbon-chain triglycerides, and diglycerols), fatty acids and their esters (e.g., docosahexaenoic acid, eicosapentaenoic acid, and conjugated linoleic acid), and lipoids (e.g., sterol esters). They are widely used in the manufacture of healthy foods for infants, children, adolescents, and older people, as well as foods for special medical purposes. Enzymatic synthesis, efficient purification, and precise qualitative and quantitative analyses are necessary in the production of functional lipophilic molecules, and their effects in improving food quality can also be improved.

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### Guest Editors

Dr. Jun Jin

School of Food Science and Technology, Jiangnan University, No. 1800 Lihu Avenue, Wuxi 214122, China

Dr. Siyu Zhang

College of Food Science and Engineering, Northwest A&F University, Xianyang 712100, China

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## Molecules

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*Molecules*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[molecules@mdpi.com](mailto:molecules@mdpi.com)

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Prof. Dr. Thomas J. Schmidt

Institute of Pharmaceutical Biology and Phytochemistry, University of Münster, Corrensstrasse 48, D-48149 Münster, Germany

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