

Special Issue

Functional Foods and Sustainable Health (2nd Edition)

Message from the Guest Editors

Food properties and its components affect human physiology and metabolism, exerting a significant impact on health. Due to their promising beneficial effects on human body functions beyond nutrient adequacy, functional foods have gained increasing interest from the scientific community, consumers, and the food industry. The aim of this Special Issue is to present state-of-the-art contributions discussing the role of functional foods in health sustainability. High-quality original research articles and up-to-date review papers focusing on food components (nutrient and non-nutrient bioactives, novel functional ingredients, etc.), the specific bioactivity of -biotics (probiotics, prebiotics, synbiotics, and postbiotics), and studies investigating the underlying mechanisms connecting functional foods/ingredients with beneficial effects on target body functions are within the scope of this Special Issue. The sustainable utilization of by-products and innovative technologies for functional food development are also welcome.

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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