

Special Issue

The Impact of Probiotics/Prebiotics and Functional Foods in Human Health

Message from the Guest Editor

In recent years, there has been an increased consumer interest in functional foods with positive effects on well-being and life prolongation. These products have commonly been produced by fortifying foods with vitamins, minerals (e.g., iron and calcium), nutraceuticals, probiotics, fiber, antihypertensive peptides, and/or cholesterol-lowering ingredients (e.g., phytosterols). However, the fermentation of different food matrices (vegetable and animal milks or juices from vegetables and fruits) with lactic acid bacteria and yeasts has also been used to produce functional foods containing high levels of antioxidants, vitamins, and exopolysaccharides with antiallergic, antitumor, healing, antibacterial, antifungal, antihypertensive, and anti-inflammatory effects. With this approach, the fermented products contain the health-beneficial components of the substrates (e.g., polyphenols, vitamins, and minerals), probiotic biomass, and the metabolites developed during fermentation. This Special Issue will publish original and review articles dealing with the production and impact of functional foods in human health.

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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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