

## Special Issue

# Bioactive Proteins and Peptides: Insights and Applications for Functional Foods and Health

### Message from the Guest Editors

The growing demand for proteins and the search for bioactive proteins that can enhance health have prompted significant interest in alternative protein sources. These sources range from animal-based proteins to those derived from plants, insects, beans, dairy, eggs, algae, etc. Beyond their nutritional value, these sources are rich in bioactive compounds and have the potential to prevent and manage various diseases.

Bioactive peptides, which are low-molecular-weight protein fragments, are key contributors to these health benefits. Produced through enzymatic hydrolysis, fermentation, digestion, or microbial activity, these peptides play a vital role in unlocking novel mechanisms that support health.

We invite you to contribute to this Special Issue, which will focus on the role of bioactive peptides in functional foods and nutraceuticals. Original research and review articles exploring their potential in developing therapeutic and dietary solutions for human health are encouraged.

We look forward to your contributions to this dynamic and promising field.

---

### Guest Editors

Dr. Daniela Beghelli

School of Biosciences and Veterinary Medicine, University of Camerino, 62032 Camerino, Italy

Dr. Shaobo Zhou

School of Science, Faculty of Engineering and Science, University of Greenwich, Chatham, UK

---

### Deadline for manuscript submissions

closed (25 May 2025)



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/219885](https://mdpi.com/si/219885)

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

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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.

---

### Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)