

Special Issue

Functional and Fortified Foods

Message from the Guest Editors

Functional foods are those that, when consumed regularly, have physiological and not just nutritional benefits. These physiological effects are related to the presence of bioactive compounds that have been shown to have several specific properties, such as antioxidant, antimutagenic, antibacterial or anti-inflammatory activities. On the other hand, fortified foods are those that are enriched with specific nutrients, usually vitamins and minerals, that are deficient in the diet. Thus, both functional and fortified foods can help to reduce the risk of disease development and, consequently, promote health and wellbeing. In this Special Issue, we invite investigators to contribute with original research articles, as well as review articles, focused on the characterization of the bioactive properties of plant foods and on strategies to increase their content in minerals and bioactive compounds. Papers focused on the bioaccessibility/bioavailability of added nutrients or bioactive compounds will be particularly welcome.

Guest Editors

Prof. Dr. Maria Paula Duarte

Chemistry Department, NOVA School of Science and Technology, Universidade NOVA de Lisboa, Campus de Caparica, 2829-516 Caparica, Portugal

Dr. Cláudia Sánchez-Lara

National Institute for Agricultural and Veterinary Research (INIAV, IP), 2780-157 Oeiras, Portugal

Deadline for manuscript submissions

closed (15 June 2021)



Foods

an Open Access Journal
by MDPI

Impact Factor 4.7
CiteScore 7.4
Indexed in PubMed



mdpi.com/si/47539

Foods

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 4.7
CiteScore 7.4
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, USA
2. Department of Comparative Pathobiology (Courtesy), Purdue University, West Lafayette, IN, 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 14.3 days after submission; acceptance to publication is undertaken in 2.8 days (median values for papers published in this journal in the first half of 2024).