



Fermented and Functional Food

Guest Editor:

Dr. Diana Oliveira

CBQF - Centro de Biotecnologia
Química Fina – Laboratório
Associado, Universidade Católica
Portuguesa, Escola Superior de
Biotecnologia, Rua Diogo
Botelho, 1327, 4169-005 Porto,
Portugal

Deadline for manuscript
submissions:

closed (31 October 2021)

Message from the Guest Editor

Although there is no industry-wide definition for functional foods or ingredients, is broadly accepted that functional foods are those that provide an extra health benefit to the consumer, i.e., positive health outcome via physiological activity in the body, beyond basic nutrition. On the other hand, a functional ingredient is a bioactive compound that can be used in the manufacture of functional food products. These bioactive compounds can be obtained from a variety of sources such as primary produce, marine sources, microorganisms or derived from food processing waste providing additional economic benefits to food businesses. The processing, (e.g., fermented foods), digestion and fermentation of these functional food/ingredients generate bioactive metabolites, which exert a direct or indirect benefit to the host, either by enhancing the gut health, improving metabolism and energy homeostasis, influencing insulin secretion, regulating appetite, ameliorate inflammatory processes or preventing cell damage, among others.





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Message from the Editor-in-Chief

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Contact Us

Fermentation Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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