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## Bioactive Proteins and Peptides Derived from Foods: Biochemistry, Functionality and Nutrition

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### Message from the Guest Editors

Lactic acid bacteria (LAB), as natural microbiotas which can inhabit the human body, are generally recognized as safe, widely applied in the food industry, and have a long history. Previous works have proven that LAB not only improve the texture and taste of food but also exhibit a variety of biological activities, such as antioxidant, hypoglycemic, antihypertensive, cholesterol-lowering, antibiofilm, and antibacterial. LAB synthesize many natural and health-promoting compounds, including organic acids, bacteriocins, aromatic compounds, fatty acids, and exopolysaccharides in the fermentation process. Besides, the majority of LAB strains are used as probiotics which exert many functions, such as regulating the gut microbiota and enhancing the immune system. Furthermore, LAB and their fermentation products can be used to prepare postbiotics, which are formulations of lifeless microorganisms and/or their components that are beneficial to host health.



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**Special** Issue



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## Message from the Editor-in-Chief

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