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## Optimizing Foods for Health: The Effect of Processing on Properties and Digestibility

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### Message from the Guest Editors

Dear Colleagues,

The agro-food system has to simultaneously respond to a large variety of demands, including health, safety, and sustainable development goals, in a continuous dynamic process. The trends are challenging the different stakeholder counterparts (farmers, producers, traders) to improve the efficiency of their operations and to be more aware of the consumer's demands. New developments in scientific knowledge are key to fostering competitiveness. This Special Issue focuses on the effect of processing technologies (traditional and novel) as strategies for quality maintenance or improvement of the main food components (e.g., physical and chemical properties, nutritional value, sensory characteristics). Nevertheless, we would like to go further and try to better understand the impact of different processing methods on the ingredients commonly used in functional food and nutraceutical products, and in the digestibility and availability of the essential compounds of foods. To this end, we will cover a selection of relevant and original research and current review articles in the field.



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**Special** Issue



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## Message from the Editor-in-Chief

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