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## Vegetable Matrix as a Source of Nutritional and Microbial Value for Healthy Food

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### Message from the Guest Editor

Vegetable foods/matrices have long been fermented as a means of preservation to enhance shelf-life and improve flavour. More recently the fermentation process and resulting products from vegetable-based foods have attracted a lot of scientific interest largely driven by many health benefit claims with a focus on the microorganisms contributing to the fermentation process and the matrix. The role of some plant-based fermented foods with particular microorganisms have also emphasised the bioactivities (anti-microbial, anti-allergenic, anti-hypertensive and anti-inflammatory) of metabolites produced during the fermentation process. Several components in the vegetable food matrix (for e.g. fibre, polyphenols) have been suggested as prebiotics in the large gut that have shown an influence on the gut microbiome and an association with a reduction in the incidence of some chronic disease conditions.

This topic will explore the current status of knowledge in the field of nutritional and microbial properties of fermented foods with a focus on the vegetable matrix and their influence on health.



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**Special** Issue



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