

## Special Issue

# Lactobacillus as a Biotechnological Tool to Improve Food Quality and Human Health

### Message from the Guest Editor

Lactobacillus, a genus of bacteria known for its beneficial properties, has emerged as a powerful biotechnological tool with the potential to revolutionize both food quality and human health. In the realm of food production, Lactobacillus has been harnessed for its ability to ferment various food products, leading to an improved flavour, texture, and nutritional content. This bacterium contributes to the preservation of food through the production of organic acids and other antimicrobial compounds, reducing the need for chemical preservatives. Additionally, this bacterium is integral to maintaining a balanced gut microbiome, influencing digestion and nutrient absorption. Lactobacillus strains have been linked to the synthesis of bioactive compounds with anti-inflammatory and anti-cancer properties, further underscoring their potential in preventive healthcare. In conclusion, Lactobacillus is at the forefront of biotechnological advancements, offering the promise of elevating the food quality and human health. Its applications span from fermented foods to innovative probiotic therapies, marking a symbiotic relationship between science, technology, and our overall well-being.

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### Guest Editor

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*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.

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### Editor-in-Chief

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