

## Special Issue

# Probiotic Food: Latest Advances and Prospects

### Message from the Guest Editors

Probiotic foods are among the first functional foods developed and are currently leading products in this area. While dairy products were originally the main commercial probiotic foods, nowadays, a diversity of foodstuffs has been developed, including baked foods, juices, and fermented meats/vegetables. Typically, probiotic foods contain *Lactobacillus* and/or *Bifidobacterium* strains, but species such as *Bacillus coagulans* or *Pedococcus acilactici* are being increasingly used. Renewed interest in traditional fermented foods, including kefir and kombucha, as sources of beneficial microorganism consortiums also provides further opportunities. Moreover, their formulation poses technological challenges that have been tentatively overcome to guarantee strain viability and stability throughout production and storage. Probiotic foods were traditionally associated with digestive and immune health claims, but other health targets, including weight management, heart health, and brain-mood, are being suggested. Despite enlightening advances in research and developments, validation of the health-promoting properties of probiotic foods is still required, especially by regulators.

---

### Guest Editors

Dr. Ana Gomes

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

Dr. José Carlos Andrade

Associate Laboratory i4HB-Institute for Health and Bioeconomy, University Institute of Health Sciences-CESPU, 4585-116 Gandra, Portugal

---

### Deadline for manuscript submissions

closed (28 February 2022)



## Foods

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.1  
CiteScore 8.7  
Indexed in PubMed



[mdpi.com/si/77362](https://mdpi.com/si/77362)

*Foods*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[foods@mdpi.com](mailto:foods@mdpi.com)

[mdpi.com/journal/  
foods](https://mdpi.com/journal/foods)





# Foods

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.1  
CiteScore 8.7  
Indexed in PubMed



[mdpi.com/journal/  
foods](https://mdpi.com/journal/foods)



## About the Journal

### Message from the Editor-in-Chief

*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.

---

### Editor-in-Chief

Prof. Dr. Arun K. Bhunia

1. Department of Food Science, Purdue University, West Lafayette, IN 47907, USA
2. Department of Comparative Pathobiology, Purdue University, West Lafayette, IN 47907, USA

---

### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, FSTA, AGRIS, PubAg, and other databases.

#### Journal Rank:

JCR - Q1 (Food Science and Technology) / CiteScore - Q1 (Health Professions (miscellaneous))

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 15 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the second half of 2025).