



Advances in Functional Foods

Guest Editor:

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Deadline for manuscript
submissions:

closed (15 January 2024)

Message from the Guest Editor

Dear Colleagues,

Functional foods improve the state of health and wellbeing and reduce the risk of disease. However, functional foods remain a food and are consumed as part of the normal diet. They can be divided into unmodified ones and are subjected to different treatments. Research is rapidly growing, and new scientific knowledge is gained on the functionality of food components, the effect on human health and the technology of the preparation of functional foods. New achievements in the fields of genomics, proteomics and metabolomics deepen the understanding of physiological responses at the individual and molecular levels and increase the importance of functional foods.

I would like to invite you to submit original research papers or review articles to this Special Issue that would address any research topic related to functional foods.

Dr. Jolanta Sereikaitė

Guest Editor





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Message from the Editor-in-Chief

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