DESCRIPTION

*JFF (Journal of Functional Foods)* aims to bring together the results of fundamental and applied research into healthy foods and biologically active food ingredients. The Journal is centered in the specific area at the boundaries among food science, nutrition and health, welcoming papers having a good interdisciplinary approach. The Journal covers the following areas: Food bioactive compounds & nutraceutical ingredients such as plant bioactives, dietary fibre, probiotics, prebiotics, functional lipids, bioactive peptides, vitamins, antioxidants, minerals, botanicals etc. Food digestion and its processes including studies of the microbiota and gut-organ axis Healthy food constituents' characterization using in-vivo animal or/and human studies, genomic, chemical, biochemical technologies Efficacy and safety of bioactive compounds Effects of processing (including packaging and storage) on food and food ingredients functionality Regulatory aspects of functional foods and related issues e.g. labelling, substantiation of health claims, allergens Personalized nutrition, sport nutrition Role of food ingredients, functional foods and diet in disease prevention and in the management of diseases Nutritional and technological aspects related to the development of functional foods and beverages are of core interest to the journal. Experimental works dealing with food digestion, bioavailability of food bioactives and on the mechanisms by which foods and their components are able to modulate physiological parameters connected with disease prevention are of particular interest as well as those dealing with personalized nutrition and food designed for the benefit of specific pathologies.

The following papers are not within the scope of the Journal: Papers only dealing with food analysis and characterization of food structure and composition Papers focusing on the absorption kinetic of single bioactives Papers dealing with pure compounds having no connection with food Since January 2020, *JFF* is an open access journal. Authors who publish in the Journal will be able to make their work immediately, permanently, and freely accessible. *JFF* continues with the same aims and scope, editorial team, submission system and rigorous peer review. We give authors the possibility to publish their top-quality papers in a well-established leading journal in the food and nutrition fields. The Journal kept its rigorous criteria to screen high impact research addressing relevant scientific topics and performed by sound methodologies.

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Academics, scientists, nutraceutical and functional foods industries

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Food digestion, Food structure

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Starch digestion, Carbohydrates, Microbiota, Polyphenols
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