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Functionality and Stability of Probiotics, Postbiotics, and Parabiotics in the Food System

Guest Editors:

Dr. Lianliang Liu

Department of Food Science and Engineering, Ningbo University, Ningbo 315832, China

Prof. Dr. Hui Cao

Department of Physical Chemistry, Faculty of Sciences, University of Vigo, 32004 Ourense, Spain

Dr. Lingyi Liu

Department of Food Science and Technology, University of Nebraska–Lincoln, Lincoln, NE, USA

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Message from the Guest Editors

In recent years, there has been growing interest in the role of gut health in overall well-being, leading to a surge in the consumption of probiotic products. Probiotics are live microorganisms that, when administered in adequate amounts, confer health benefits on the host. However, the effectiveness of probiotics is highly dependent on their functionality and stability within the food system.

Functionality refers to the ability of probiotics to exert their beneficial effects, such as improving digestion, enhancing immune function, and reducing the risk of certain diseases. To ensure functionality, it is crucial to select probiotic strains with documented health benefits and incorporate them into food products in sufficient quantities.

Overall, ensuring the functionality and stability of probiotics, postbiotics, and parabiotics in the food system is crucial for developing innovative and reliable functional food products. Advances in techniques and technologies are needed to optimize their viability, bioactivity, and delivery methods, ultimately enhancing the potential health benefits they can provide.



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Editor-in-Chief

Prof. Dr. Arun K. Bhunia

1. Department of Food Science,
Purdue University, West
Lafayette, IN, USA

2. Department of Comparative
Pathobiology (Courtesy), Purdue
University, West Lafayette, IN,
USA

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Contact Us

Foods Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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