

Editorial

In the current issue, we reinforce the aim of aligning the journal's focus with food sciences, presenting diverse perspectives ranging from biology and medicine to administration and tourism. In this way, we strive to continue offering the interested scientific community a journal of high rigour, both in the presented research and the publication itself.

This issue includes, for the first time, a market analysis of healthy food options for children, debunking certain myths that separate management from contemporary nutritional aspects. This study can be considered a starting point for further research in this area. Along the same lines, an investigation into the nutritional contribution of street-sold breakfasts is also featured.

We present a review of the impact on cognitive functions in older adults receiving ergogenic aids such as Creatine or Omega-3. Additionally, the association between gut microbiota and obesity, based on the body mass index, is another topic addressed due to its growing interest worldwide.

Nutritional and food engineering profiles are confirmed through the proposed food formulations enriched with indigenous regional products such as quinoa, cushuro, or tarwi. While these products are increasingly present in diets, some remain under study, as is the case with cushuro, for which a study on its protein potential is included. Moreover, we examine the effect of industrial drying methods on the antioxidant properties of plant tissues. Along similar lines, a review of mango (*Mangifera indica* L.) cultivation is presented, highlighting its use in traditional medicine and current studies delving into its benefits related to flavonoids.

Finally, and no less importantly, we explore a unique perspective on food beyond nutritional studies with an investigation into the factors required to establish a gastronomic route, combining gastronomic and tourism interests.

As always, I extend my gratitude to all contributors, whom I encourage to participate in the next call for submissions, which is now open. We remain committed to improving the quality of the research published and increasing the readership and citations of the documents we provide.

Thank you all very much.

THE EDITOR