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## Phytonutrients in Food: From Traditional to Rational Usage

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### Message from the Collection Editor

Dear Colleagues,

Plant-based foods contain a variety of nutrients that can meet almost all our nutritional needs. In addition, there are rich biologically active ingredients in plant-based foods, these include polyphenols, terpenoids, flavonoids, carotenoids, limonoids, phytosterols and anthocyanins, among others. These active ingredients have special activities affecting human health, such as anti-inflammatory, anti-allergy, anti-aging and anti-diabetes.

We are interested in edible biologically active ingredients from plants—their source, extraction method, content, structure, molecular weight, the confirmation of a site of biological activity etc. All of these can influence compounds' biological activities. We are also interested in exploring how these impact microbial ecology through the oral route by which the plant nutrients arrive in the human gut, the stability of the active ingredients in the gut as well as the mechanisms of absorption and metabolism.

This collection welcomes contributions focusing on biologically active ingredients from plants in foods. We hope this collection will advance the research on phytonutrients.

Prof. Dr. Quanhong Li  
Collection Editor



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**Topical** Collection



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## Message from the Editor-in-Chief

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