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Phytochemicals in Food and Health

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Message from the Guest Editor

Dear Colleagues,

The consumption of foods, rich in phytochemicals, has been associated with reduced risk of degenerative diseases, such as cardiovascular diseases, type 2 diabetes, cancer, arthritis, etc. In fact, some national and international organizations promote the consumption of a plant-based diet and have set guidelines for daily consumption. Research activities on assigning and identifying the food components (i.e., phytochemicals) to biological activities are on-going, and this is a pre-requisite for health claims on food. In recent years, attention has also turned into the metabolites, following gut enzyme or gut microbial breakdown of phytochemicals, which may be more potent in eliciting health-benefits.

Dr. Dilip Rai
Dr. Dorrain Low
Guest Editors



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Special Issue



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Message from the Editor-in-Chief

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