

Special Issue

Nutrients and Functional Substances in Plant-Based Foods

Message from the Guest Editors

A properly structured plant-based diet is beneficial for our bodies throughout our lives, thanks in part to the protective effect of biologically valuable compounds that are the subject of numerous studies today. The consumption of fruits, vegetables, whole grains, herbs and spices is associated with the prevention and/or significantly lower risk of various diseases due to their rich nutritional and functional composition. Plant foods are also rich in micronutrients and contain a variety of biologically active, non-nutritive compounds that contribute to the sensory properties of food. Processing and storage methods can affect the physical, chemical and other properties of foods, their phytochemical value, their stability and their safety, especially when minimal processing techniques are involved. Functional ingredients such as phenolic substances, vitamins, minerals and other compounds undergo numerous reactions during processing, which is why the study of these ingredients is becoming a central topic in food research.

Guest Editors

Prof. Dr. Nela Nedić Tiban

Department of Food Technologies, Faculty of Food Technology Osijek,
Josip Juraj Strossmayer University of Osijek, HR 31000 Osijek, Croatia

Prof. Dr. Lidija Jakobek

Faculty of Food and Technology Osijek, Josip Juraj Strossmayer
University of Osijek, Franje Kuhaca 18, 31000 Osijek, Croatia

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Applied Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo
Dipartimento di Fisica, Politecnico di Milano, Piazza L. da Vinci 32,
20133 Milano, Italy

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