

Special Issue

Plant Raw Materials as a Source of Health-Promoting Compounds in the Diet

Message from the Guest Editors

Raw materials and products of plant origin are an important part of a daily balanced diet. They can be a valuable source of nutrients (e.g., proteins, carbohydrates, fats) and bioactive compounds (e.g., vitamins, antioxidants) and fiber. Bioactive components, especially antioxidants, decrease the risk of diseases related to free radical reactions and, at the same time, delay the body's aging process. Dietary fiber is essential for proper digestion. At the same time, it acts as a prebiotic and influences the quantity and quality of intestinal microbiota. It should be emphasized that other plant components (e.g., polyphenols) also have the ability to modify the intestinal microbiota. This Special Issue will be dedicated to widely understood plant raw materials, which, due to their composition and properties, can be a valuable supplement to a daily diet with both nutritional and health-promoting compounds. It will also be very valuable to point out the prebiotic functions and properties able to modulate the intestinal microbiome.

Guest Editors

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Message from the Editor-in-Chief

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.

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