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Natural Compounds in Plant-Based Food

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Message from the Guest Editors

Culinary herbs or spices confer characteristic flavor or coloring to food. In this Special Issue of *Foods*, we want to shed more light on culinary herbs and spices from a health perspective. Substances of plant origin are often regarded as harmless per se. The intention here is to give a science-based view on the health impact of ingredients occurring naturally in plants with a special focus on those present in plants used as culinary herbs and spices. In this context, different aspects will be addressed, including toxicological, analytical, and regulatory issues regarding naturally occurring ingredients in culinary herbs and spices as well as in products, such as essential oils, and food supplements based on them. For this purpose, some selected examples of these compounds will be utilized to illustrate potential effects on human health, together with knowledge gaps related to hazard and exposure assessment. Moreover, safety issues related to products, such as essential oils, or food supplements containing extracts of culinary herbs and spices that have become widely available to consumers through several distribution channels in the EU, will be covered.



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Special Issue



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Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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