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## Phytochemicals in Food and Health

Guest Editor:

**Dr. Dilip Rai**

Teagasc Food Research Centre  
Ashtown, D15KN3K Dublin,  
Ireland

Deadline for manuscript  
submissions:

**closed (30 November 2019)**

### 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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### **Prof. Dr. Arun K. Bhunia**

1. Department of Food Science,  
Purdue University, West  
Lafayette, IN 47907, USA

2. Department of Comparative  
Pathobiology, Purdue University,  
West Lafayette, IN 47907, USA

## Message from the Editor-in-Chief

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*Foods* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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