

## Special Issue

# Plant-Based Food From Nutritional Value to Health Benefits

### Message from the Guest Editors

Plants are considered to be an important source of bioactive compounds. Plant-based bioactive compounds have demonstrated their role in various health benefits, such as anti-cardiovascular disease, anti-cancer, anti-diabetic, and other effects. The primary bioactive compounds in plants are flavonoids, phenolic acids, alkaloids, saponins, polysaccharides, etc. Bioactive compounds in fruits, vegetables, medicinal plants, and cereals have been widely used in the development of plant-based functional foods. However, considering the low levels of bioactive compounds in most plants, there are many traditional and innovative techniques (e.g., germination, exogenous additive treatment, abiotic stress, and physical treatments) that promote the accumulation of them. Furthermore, the molecular mechanisms that these enrichment techniques regulate, regarding the biosynthesis of active substances in plants, need to be further explored. Therefore, this Special Issue is dedicated to original research articles that cover the latest findings on the enrichment techniques and molecular mechanisms of plant-based bioactive compounds.

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### Guest Editors

Dr. Yongqi Yin  
Dr. Liping Guo  
Prof. Dr. Runqiang Yang

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### Deadline for manuscript submissions

closed (12 August 2024)



## Foods

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## About the Journal

### 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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### Editor-in-Chief

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