

Special Issue

Plant-Based Diet: Health Effects and Nutritional Perspectives

Message from the Guest Editors

Plant-based diets have received increased attention recently due to research into their protective role in non-communicable diseases and other medical conditions and highlighting their low environmental impact. In this Special Issue, “Plant-Based Diet: Health Effects and Nutritional Perspectives”, we welcome the submission of original articles or reviews including, but not limited to, the following research topics:

- Research exploring the definition and description of nutritional characteristics and the biological effects of plant-based diets;
- Advantages and disadvantages regarding the health effects of plant-based diets;
- Plant foods, processing technologies, and sensory characteristics;
- Phytochemical analysis and their mechanisms of action;
- Perspectives for sustainability and environmental protection, including consumer perception studies on plant-based diets.

Guest Editors

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Dr. Dan Cristian Vodnar

Prof. Dr. Monica Tarcea

Dr. Mirela Nedelescu

Deadline for manuscript submissions

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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.

Editor-in-Chief

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 14.9 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).