

Special Issue

Plant-Based Foods and Human Health

Message from the Guest Editor

Rising awareness of health and wellness is behind the popularity of plant-based foods, which are rich in polyphenols, polysaccharides, peptides, and other small-molecule compounds. More and more research has shown that plant-based diets are cost-effective, low-risk interventions that go a long way towards improving and maintaining health. The beneficial effects of plant-based foods on health include, but are not limited to, the following aspects:

- Anti-obesity;
- The prevention and management of diabetes;
- Lower risk of heart disease;
- Lower blood pressure;
- Increased chances of longevity.

This Special Issue explores the beneficial effects of plant-based foods and their active compounds on human nutrition and health.

Guest Editor

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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.

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