

Special Issue

Nutritional Composition, Bioactive Compounds and Health Benefits of Edible Plants

Message from the Guest Editor

Edible plants play an important role as an essential component of human diets. Some are used as herbal medicines in traditional practices due to their health-promoting properties. Many of these edible plants are found to have a high amount of essential nutrients, such as protein, carbohydrates, vitamins and minerals, that meet nutritional requirements and increase the health status of poor communities. Plants are often rich in phytochemicals, a group of biological active compounds characterized by their wide diversity of functional properties and health benefits such as antioxidant, anti-inflammatory, anticancer, cardiovascular protective, antiviral and antimicrobial effects. Thus, edible plants could potentially improve food security by being alternative sources of affordable and nutritious foods. This Special Issue calls for manuscripts (original research/reviews) working on edible plants in any area/issue within the scope of nutritional composition, micronutrients, bioactive compounds, and functional and health-promoting properties, as well as investigations concerning the effect of cooking/processing.

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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