

Special Issue

Plant-Based Food and Human Digestion Health

Message from the Guest Editors

Human health is largely dependent on the diet. Plant-based food is crucial to human health, since it supplies various important dietary nutrients ingested through the gastrointestinal digestive tract to support human metabolism. This Special Issue is focused on the plant foods with a significant nutritional influence on human digestive health. We call for the relevant research publications to reflect the most recent progress or to highlight the most crucial scientific emphasis. You are kindly encouraged to submit a manuscript to this Special Issue, wherein all research articles, communications, or scientific reviews are welcome. As suggested, the relevant topics can be, but are not limited to, the following: a) plant-based macro/micro food components with significant valuable or negative nutritional influence; b) plant-fibre sources with nutritional value; c) plant food components and gut microbial health; d) plant foods digested in vitro/in vivo. We believe this Special Issue will create new opportunities for boosting public dietary health grounded on insightful knowledge into plant-based food nutrients ingested by humans.

Guest Editors

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Deadline for manuscript submissions

closed (10 January 2023)



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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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