

Special Issue

Bioactive Compounds in Plant Foods: Implications for the Gut Microbiota and Human Health

Message from the Guest Editors

Plant foods (fruits, vegetables, legumes, whole grains, nuts, and herbs) are rich sources of bioactive compounds, including polyphenols, phytochemicals, dietary fiber, and prebiotics. These compounds influence the gut microbiota composition and function, which in turn modulates human health through microbial metabolites (e.g., short-chain fatty acids, and neurotransmitters). Understanding how bioactive compounds in plant foods interact with the gut microbiota opens new avenues for preventing and managing chronic diseases. This Special Issue welcomes contributions related to this subject, with topics including the following:

- Mechanisms of Interaction Between Bioactive Compounds and Gut Microbiota
- Impact on Gut Microbiota Composition
- Health Implications

Guest Editors

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Deadline for manuscript submissions

closed (5 June 2026)



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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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