

Special Issue

Functional Properties and Health Benefits of Bioactive Substances in Plant Foods

Message from the Guest Editor

The efficiency of Bioactive compounds (BCs) can be affected by several factors, highlighting the important influence of the intestinal microbiota (IM) on the absorption and metabolism of BCs. Also, diet is one of the most important regulators of IM since changes in dietary composition can enhance or inhibit the reproduction of some microbial species, which can have defensive or damaging effects. In addition, IM can synthesize and release a variety of metabolites that are absorbed and transferred into the circulating system, regulate the composition and function of the host's IM, and play important roles in the development and progression of some pathologies.

The primary objective of this Special Issue is to shed light on the existing evidence concerning the numerous potential benefits of consuming plants. We will foreground *in vivo* studies and epidemiological research, as well as investigations into the bioavailability and bioaccessibility of these compounds. Additionally, we will explore how plant compounds can be used to enhance the nutritional and health-related properties of various food products.

Guest Editor

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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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