

Special Issue

The Benefits of Plant Extracts for Human Health

Message from the Guest Editor

Nature has always been, and still is, a source of foods and ingredients that are beneficial to human health. Nowadays, plant extracts are increasingly becoming important additives in the food industry due to their antimicrobial and antioxidant activities that delay the development of off-flavors and improve the shelf life and color stability of food products. The objective of this Special Issue is to highlight the existing evidence regarding the various potential benefits of the consumption of plant extracts and plant extract-based products, with emphasis on in vivo works and epidemiological studies, the application of plant extracts to improve shelf-life, the nutritional and health-related properties of foods, and the extraction techniques that can be used to obtain bioactive compounds from plant extracts.

Guest Editor

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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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