

Special Issue

Phytochemicals in Food and Health

Message from the Guest Editor

The consumption of foods, rich in phytochemicals, has been associated with reduced risk of degenerative diseases, such as cardiovascular diseases, type 2 diabetes, cancer, arthritis, etc. In fact, some national and international organizations promote the consumption of a plant-based diet and have set guidelines for daily consumption. Research activities on assigning and identifying the food components (i.e., phytochemicals) to biological activities are on-going, and this is a pre-requisite for health claims on food. In recent years, attention has also turned into the metabolites, following gut enzyme or gut microbial breakdown of phytochemicals, which may be more potent in eliciting health-benefits.

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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.

Editor-in-Chief

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