Topical Collection

Phytonutrients in Food: From Traditional to Rational Usage

Message from the Collection Editor

Plant-based foods contain a variety of nutrients that can meet almost all our nutritional needs. In addition, there are rich biologically active ingredients in plant-based foods, these include polyphenols, terpenoids, flavonoids, carotenoids, limonoids, phytosterols and anthocyanins, among others. These active ingredients have special activities affecting human health, such as anti-inflammatory, anti-allergy, anti-aging and anti-diabetes.

We are interested in edible biologically active ingredients from plants—their source, extraction method, content, structure, molecular weight, the confirmation of a site of biological activity etc. All of these can influence compounds' biological activities. We are also interested in exploring how these impact microbial ecology through the oral route by which the plant nutrients arrive in the human gut, the stability of the active ingredients in the gut as well as the mechanisms of absorption and metabolism.

This collection welcomes contributions focusing on biologically active ingredients from plants in foods. We hope this collection will advance the research on phytonutrients.

Collection 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.

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