

Special Issue

Nutritional and Bioactive Components of Edible Parts of Medicinal Plants

Message from the Guest Editors

There is no doubt that human health, mortality and the risk of various diseases depend on nutrition and lifestyle, leading to chronic medical conditions such as coronary heart disease, cancer, and diabetes. The increasing number of vegetarians and nutrition based primarily on plant food are becoming important issues, while the discovery of the health properties of various plant-based foods is a crucial area of research. This applies to biologically active substances and secondary metabolites in particular, whose task is to protect species from environmental hazards. With regard to the history of nutrition, people have long tried to use this plant defensive strategy for themselves. Now, with the use of modern techniques and research methods, it is possible to verify the desired properties for the benefit of consumers and document the impact of consuming the edible parts of medicinal plants rich in phytochemicals such as fiber, polyphenols, vitamins and terpenoids.

Guest Editors

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