



## Plant Bioactive Compounds for Health Benefits and Nutrition

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### Message from the Guest Editors

In this Special Issue of *Nutrients*, we would like to bring together papers dealing with the topic of plant bioactive compounds for health benefits and nutrition. In broad terms, the study of bioactive compounds and health may focus on different bioactive compounds present in vegetables, their intake, health effects, reduction of disease risk, as well as effects on disease biomarkers.

In fact, dietary factors are related to 4 of the 10 principal causes of death: coronary heart disease, some types of cancer, stroke, type 2 diabetes. Besides, functional foods, which contain components, or bioactive compounds exerting selective beneficial effects on one or more functions of the organism, are widely distributed in the food market. Health claims are important value-added features for consumers and food industry. The EFSA accepts only health claims based on accepted scientific evidence. Therefore, further research is required to provide strong scientific evidence of the association between functional foods containing bioactive compounds and human health.





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