Special Issue

Plant-Based Diet: Health Perspective

Message from the Guest Editors

This Special Issue "Plant-Based Diet: Health Perspective" aims to explore different aspects of plant-based diets, including the role of functional food plants, the sustainability of growing one's own food, and the potential for these diets to reduce reliance on medications. This Special Issue seeks contributions of various research types, including original research, clinical trials, and reviews, to support better public health through plant-based nutrition. We are particularly interested in research and reviews that explore the following:

- The health impacts of plant-derived foods and vegan diets.
- Functional food plants and their potential to reduce the need for medications.
- The role of plant-based diets in managing chronic disorders.
- Sustainability practices, such as growing your own food, and their implications for hunger, therapy, and environmental health.
- The use of spices and edible oils from plants for promoting a healthy gut.
- The benefits of fermented plant-derived foods.
- Cultural, economic, and social dimensions of plantbased eating.
- Innovations in plant-based food production and technology.
- Public health strategies to encourage the adoption of plant-based diets.

Guest Editors

Dr. Alok Paul

School of Pharmacy and Pharmacology, University of Tasmania, Sandy Bay, TAS 7005, Australia

Dr. Sónia M. R. Oliveira

Faculty of Dental Medicine, Catholic University of Portugal, 3504-505 Viseu, Portugal

Deadline for manuscript submissions

25 March 2026



Nutrients

an Open Access Journal by MDPI

Impact Factor 5.0 CiteScore 9.1 Indexed in PubMed



mdpi.com/si/216278

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

mdpi.com/journal/ nutrients





Nutrients

an Open Access Journal by MDPI

Impact Factor 5.0 CiteScore 9.1 Indexed in PubMed





About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. Nutrients adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of Nutrients has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Editors-in-Chief

Prof. Dr. Lluis Serra-Majem

- Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
- Research Institute of Biomedical and Health Sciences (IUIBS),
 University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
 Preventive Medicine Service, Centro Hospitalario Universitario
 Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Palmas, Spain

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)