

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 plant-based eating.
- Innovations in plant-based food production and technology.
- Public health strategies to encourage the adoption of plant-based diets.

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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.

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