

Special Issue

Plant-Derived Bioactive Polyphenols, Polysaccharides, Proteins, and Peptides, and Their Health Benefits

Message from the Guest Editors

Consumers are becoming increasingly aware of the benefits provided by plant-based diets beyond basic nutrition. Bioactive polyphenols, polysaccharides, proteins, and peptides are seen as the main reason for the beneficial effects of plant-based foods due to their various biological activities obtained from the findings of *in vitro* and *in vivo* studies, including antioxidant, anti-inflammatory, antidiabetic, anti-obesity and lipid-lowering, and anticancer activities. In addition, these functional components might evade the digestion of the upper gastrointestinal tract, thus reaching the intestine intact to interact with the gut microbiota. In this context, the gut microbiota can convert bioactive components into microbial-derived metabolites, which promote the health of the host by targeting tissues and gut microbiota. We are inviting contributions from scholars working on the health benefits of plant-derived bioactive polyphenols, polysaccharides, and peptides, including their molecular mechanisms and potential prebiotic activity in human diseases. Contributions can be original research articles or up-to-date reviews (systematic reviews and meta-analyses).

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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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