

## Special Issue

# Plant-Based Diet: A Sustainable Opportunity

### Message from the Guest Editors

This Special Issue entitled Plant-Based Diet: A Sustainable Opportunity intends to cover a wide range of topics on plant-based diets, including, but not limited to, plant-derived foods, vegan diets, functional food plants, the ways in which functional food plants can reduce the need for medications, the importance of sustainability in growing your own food in relation to hunger and therapy, plant-based diets for the management of chronic disorders, spices for a healthy gut, edible oils from plants, fermented plant-derived foods and similar topics. The main objective of this SI is to collect up-to-date scientific information on the benefits of a plant-based diet that may reduce the need for drugs to manage chronic disorders and maintain a healthy life while cutting medication costs, especially for people living in developing countries. This Special Issue is seeking articles (original research, clinical trials, narratives, and systematic reviews) focusing on plant-based foods to ensure better public health.

### Guest Editors

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### Deadline for manuscript submissions

closed (25 February 2024)



## Nutrients

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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.

### Editors-in-Chief

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