

## Special Issue

# Plant-Based Diets: Nutritional Adequacy, Bioactive Compounds, and In Vitro Cellular Bioactivity Assessment

### Message from the Guest Editors

This Special Issue focuses on the emerging scientific evidence surrounding plant-based diets, with particular attention to their nutritional adequacy, the presence of health-promoting bioactive compounds, and their functional evaluation through in vitro cellular assays. Contributions explore how plant-derived foods can meet essential nutrient requirements while delivering a diverse array of bioactive molecules such as polyphenols, carotenoids, and dietary fibers. In vitro studies presented in this Special Issue assess the biological activity of these compounds, shedding light on their antioxidant, anti-inflammatory, and cytoprotective potential. The collected works offer a multidisciplinary perspective on the role of plant-based diets in supporting human health and preventing chronic diseases.

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### Guest Editors

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## Nutrients

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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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