

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. Dr. Eva Dorta

Guest Editors

Dr. Eva Dorta-Perez

Instituto Canario de Investigaciones Agrarias, San Cristobal de La Laguna, Tenerife, Spain

Dr. Patricia García-Herrera

Department of Nutrition and Food Science, Universidad Complutense de Madrid, Madrid, Spain

Deadline for manuscript submissions

25 September 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/251684

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

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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. Lluís Serra-Majem

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

Prof. Dr. Maria Luz Fernandez

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

Author Benefits

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)