Special Issue

Nutritional Quality and Bioactive Components of Horticultural Plants

Message from the Guest Editor

Numerous disorders in humans are caused by nutrient deficiencies, both in terms of insufficient intake and unbalanced dietary patterns. In recent years, horticultural crops have been regarded as foods with good nutritional qualities reflected by the type and quantity of nutrients. Scientific evidence has strongly shown that the consumption of horticultural plants helps maintain optimal nutrition, but the overall effect on the human body is not only limited to the supply of nutrients, since numerous bioactive compounds may also prevent or control the onset of diseases. In particular, horticultural plants may be considered as an important source of polyphenols, betalains, carotenoids, sterols, alkaloids, terpenoids, glucosinolates, and many other health-supporting metabolites. In humans, the regular intake of these natural plant compounds reduces the risk of oxidative-stress-relative disorders, such as chronic inflammation-mediated diseases, and also helps to improve quality of life via the regulation of mood and sleep. Therefore, an important direction of nutrition development is to meet nutritional needs and provide biomolecules that have a positive impact on human health.

Guest Editor

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Plants is an open access journal which provides an advanced forum for research findings in areas related to plant function, its physiology, biology, taxonomy, stresses, and its interactions with other organisms. It publishes original research articles, reviews, reports, conference proceedings (peer reviewed full articles) and communications. In original research papers, it is important that full experimental details are provided. We also encourage timely reviews and commentaries on topics of interest to the plant research community.

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