

Special Issue

From Taste to Health: The Multifaceted Benefits of Plant-Based Alternatives

Message from the Guest Editor

As the world faces environmental challenges and the demands of a growing population, sustainable food solutions have never been more critical. One significant trend within this movement is the development of plant-based alternatives. These innovative products, including plant-based meats, dairy substitutes, and other plant-derived protein sources, are designed to mimic the taste, texture, and nutritional profile of animal-based foods. Beyond their environmental benefits, plant-based alternatives hold promise in terms of flavor, food safety, nutrition, and human health. This Special Issue focuses on studies that explore the sensory and flavor properties of plant-based alternatives, which are crucial for promoting more sustainable consumption patterns. Additionally, it will address food safety concerns related to the production of these alternatives, as well as the health benefits they offer, such as reducing the risk of chronic diseases and improving digestive and intestinal health. This Special Issue aims to deepen our understanding of the sensory quality, food safety, and health impacts of plant-based alternatives.

Guest Editor

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I encourage you to contribute a research or comprehensive review article for consideration for publication in *Sustainability*, an international Open Access journal which provides an advanced forum for research findings in areas related to sustainability and sustainable development. *Sustainability* publishes original research articles, review articles and communications. I am confident you will find the journal contributes to enhancing understanding of sustainability and fostering initiatives and applications of sustainability-based measures and activities.

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