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Plant-Based Food : From Nutritional Value to Health Benefits

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Deadline for manuscript
submissions:

12 August 2024

Message from the Guest Editors

Plants are considered to be an important source of bioactive compounds. Plant-based bioactive compounds have demonstrated their role in various health benefits, such as anti-cardiovascular disease, anti-cancer, anti-diabetic, and other effects. The primary bioactive compounds in plants are flavonoids, phenolic acids, alkaloids, saponins, polysaccharides, etc. Bioactive compounds in fruits, vegetables, medicinal plants, and cereals have been widely used in the development of plant-based functional foods. However, considering the low levels of bioactive compounds in most plants, there are many traditional and innovative techniques (e.g., germination, exogenous additive treatment, abiotic stress, and physical treatments) that promote the accumulation of them. Furthermore, the molecular mechanisms that these enrichment techniques regulate, regarding the biosynthesis of active substances in plants, need to be further explored. Therefore, this Special Issue is dedicated to original research articles that cover the latest findings on the enrichment techniques and molecular mechanisms of plant-based bioactive compounds.



mdpi.com/si/162654

Special Issue



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Message from the Editor-in-Chief

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Journal Rank: JCR - Q1 (*Food Science & Technology*) / CiteScore - Q1 (*Health Professions (miscellaneous)*)

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