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Biological Activities of Plant Food Components: Implications in Human Health

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Message from the Guest Editor

Epidemiological evidence from the last fifty years has shown that nutrition has a decisive role in human health. Eating properly is not only necessary to meet energy demands but actively contributes, through both preventive actions and also therapeutic effects, to improving human wellness. This functional role of nutrition in human health is due to specific small dietary molecules with biological activity. Plants are the most important source of bioactive molecules, and dietary phytochemicals are mainly responsible for the documented protective effects of diets which are rich in plant foods. Due to their ability to exert several biological effects that are potentially useful for human health, dietary phytochemicals have drawn, over the years, increasing interest in human nutrition research.

In this Special Issue, the biological activity of dietary phytochemicals, either purified or in extracts from plant foods, and speculation on potential effects on human health will be addressed.

Both original papers and reviews are warmly welcome.



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Special Issue



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Message from the Editor-in-Chief

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