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Plant-Based Foods and Human Health

Guest Editor:

Dr. Jing Wang

College of Biosystems
Engineering and Food Science,
Zhejiang University, Hangzhou,
China

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Message from the Guest Editor

Dear Colleagues,

Rising awareness of health and wellness is behind the popularity of plant-based foods, which are rich in polyphenols, polysaccharides, peptides, and other small-molecule compounds. More and more research has shown that plant-based diets are cost-effective, low-risk interventions that go a long way towards improving and maintaining health. The beneficial effects of plant-based foods on health include, but are not limited to, the following aspects:

1. Anti-obesity;
2. The prevention and management of diabetes;
3. Lower risk of heart disease;
4. Lower blood pressure;
5. Increased chances of longevity.

This Special Issue explores the beneficial effects of plant-based foods and their active compounds on human nutrition and health.

Dr. Jing Wang
Guest Editor



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Special Issue



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Editor-in-Chief

Prof. Dr. Arun K. Bhunia

1. Department of Food Science,
Purdue University, West
Lafayette, IN 47907, USA

2. Department of Comparative
Pathobiology, Purdue University,
West Lafayette, IN 47907, USA

Message from the Editor-in-Chief

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Contact Us

Foods Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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