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## Plant-Based Foods and Human Health

Guest Editor:

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Deadline for manuscript  
submissions:

**closed (31 August 2024)**

### 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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## Message from the Editor-in-Chief

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