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## Dietary Phytochemicals: Benefits for the Prevention and Management of Chronic Diseases including Their Interaction with the Gut Microbiome

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### Message from the Guest Editors

Dietary bioactive phytochemical compounds are found in a variety of grains, legumes, vegetables, fruits, herbs and spices, and other plant foods. Increasing evidence suggests a plethora of benefits of these phytochemicals in reducing the risk of some chronic diseases, such as type 2 diabetes, cardiovascular disease, obesity, and some cancers.

In order to provide an extensive and deep understanding of dietary phytochemicals with regard to human health, this Special Issue will focus on dietary phytochemicals and their roles in the prevention and management of chronic diseases, particularly in the understanding of their dietary sources, their bioavailability, and the interindividual variability in their metabolism, including their interaction with the gut microbiome. This Special Issue will also cover the applications of these phytochemicals as functional ingredients to develop foods with improved functionality and with the potential to prevent and manage chronic diseases.



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