



Aromatic Herbs, Spices and Human Health

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Deadline for manuscript
submissions:
closed (25 October 2023)

Message from the Guest Editors

Dear Colleagues,

There is great interest in the dietary use of herbs and spices for their ability to positively affect human health and impart distinctive flavorings to food products. Aromatic plants, traditionally used as flavor enhancers, provide proteins, fiber, essential oils, vitamins, minerals, and phytochemicals, in addition to greatly contributing to the promotion of health due to their antioxidant activity and capacity to prevent cancer and cardiovascular as well as neurodegenerative diseases. Moreover, the addition of herbs and spices to food products has been suggested as a strategy for reducing the amount of salt in diets and for the improvement of flavor perceptions in patients with gustatory and olfactory deficits.

The aim of this Specific Issue is to extend the current knowledge on the role of aromatic herbs and spices, normally used in food flavoring and medical applications, in human health in relation to their chemical compositions. The current and new applications of herbs and spices in the field of nutritional, nutraceutical, and pharmaceutical sciences will be explored together with their other useful roles in human healthcare.





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Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

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