



Plant Raw Materials as a Source of Health-Promoting Compounds in the Diet

Guest Editors:

Prof. Dr. Katarzyna Janda-Milczarek

Department of Human Nutrition and Metabolomics, Pomeranian Medical University in Szczecin, 24 Broniewskiego Street, 71-460 Szczecin, Poland

Dr. Karolina Jakubczyk

Department of Human Nutrition and Metabolomics, Pomeranian Medical University in Szczecin, 24 Broniewskiego Street, 71-460 Szczecin, Poland

Dr. Karolina Skonieczna-Żydecka

Department of Biochemical Sciences, Pomeranian Medical University in Szczecin, 24 Broniewskiego Street, 71-460 Szczecin, Poland

Message from the Guest Editors

Raw materials and products of plant origin are an important part of a daily balanced diet. They can be a valuable source of nutrients (e.g., proteins, carbohydrates, fats) and bioactive compounds (e.g., vitamins, antioxidants) and fiber. Bioactive components, especially antioxidants, decrease the risk of diseases related to free radical reactions and, at the same time, delay the body's aging process. Dietary fiber is essential for proper digestion. At the same time, it acts as a prebiotic and influences the quantity and quality of intestinal microbiota. It should be emphasized that other plant components (e.g., polyphenols) also have the ability to modify the intestinal microbiota. This Special Issue will be dedicated to widely understood plant raw materials, which, due to their composition and properties, can be a valuable supplement to a daily diet with both nutritional and health-promoting compounds. It will also be very valuable to point out the prebiotic functions and properties able to modulate the intestinal microbiome.

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Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo

Dipartimento di Fisica,
Politecnico di Milano, Piazza L.
da Vinci 32, 20133 Milano, Italy

Message from the Editor-in-Chief

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Applied Sciences Editorial Office
MDPI, St. Alban-Anlage 66
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