



Nutritional Value and Health Benefits of Dietary Bioactive Compounds

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Message from the Guest Editors

Many changes in the dietary habits of the population, characterized by high intake of energy, red meat, sugars, salt, and fats and the low consumption of whole-grain cereals, fruit and vegetables, legumes, and nuts, make current food consumption patterns unsustainable from a health point of view. Along with this negative trend, it is possible to observe an increasing demand for food-based products that are capable of preventing or alleviating different diseases. Health benefits beyond the basic nutritional value are related to their composition in bioactive compounds. For this reason, the search for bioactive compounds from natural sources and the evaluation of their bioactivity is being increasingly undertaken with the purpose of helping consumers maintain or improve their quality of life.

This research topic aims to increase the knowledge of bioactive compound composition in different foods, including plants or plant-based by-products that have a potential beneficial impact on health.

We welcome reviews (systematic and narrative) and mini-reviews, original research papers (in vitro and in vivo), perspective papers, hypothesis and theory papers, methods papers, and case reports.



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