



## Plant-Based Diet: A Sustainable Opportunity

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submissions:  
**closed (25 February 2024)**

### **Message from the Guest Editors**

Dear Colleagues,

This Special Issue entitled Plant-Based Diet: A Sustainable Opportunity intends to cover a wide range of topics on plant-based diets, including, but not limited to, plant-derived foods, vegan diets, functional food plants, the ways in which functional food plants can reduce the need for medications, the importance of sustainability in growing your own food in relation to hunger and therapy, plant-based diets for the management of chronic disorders, spices for a healthy gut, edible oils from plants, fermented plant-derived foods and similar topics.

The main objective of this SI is to collect up-to-date scientific information on the benefits of a plant-based diet that may reduce the need for drugs to manage chronic disorders and maintain a healthy life while cutting medication costs, especially for people living in developing countries. This Special Issue is seeking articles (original research, clinical trials, narratives, and systematic reviews) focusing on plant-based foods to ensure better public health.





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