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## Nutritional Value and Phytochemical Composition of Plant Foods

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### Message from the Guest Editor

Dear Colleagues,

Interest in the phytochemical composition and nutritional value of plant-based foods has increased due to their potential health-promoting properties. This Special Issue aims to explore and characterize the bioactive compounds and nutrients in several plant-based sources and natural food supplements, highlighting their potential roles in human health and disease prevention. The nutritional profile of plant foods includes fiber, mineral elements, micro- and macronutrients, and essential vitamins, contributing to overall well-being. This Special Issue also aims to evaluate and describe the main techniques and methodologies used to extract, analyze, and quantify the nutritional substances and bioactive molecules in plant foods and natural food supplements; define innovative analytical strategies to better characterize the complex composition of these plant-based matrices; and highlight the importance of a multivariate and multidisciplinary approach to assess the health-positive effects derived from plant food consumption, particularly against diabetes, cancers, and cardiovascular disorders.



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# Special Issue



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## Message from the Editor-in-Chief

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