

*Special Issue Reprint*

## **Plant Foods and Underutilized Fruits as Source of Functional Food Ingredients**

[www.mdpi.com/books/reprint/3164](http://www.mdpi.com/books/reprint/3164)

Edited by  
Dario Donno  
Federica Turrini

ISBN 978-3-03943-617-0 (Hardback)  
ISBN 978-3-03943-618-7 (PDF)



Changes in lifestyle and demographics shifted preferences about the relationships between food and health, contributing to generate new needs in the food supply. Today, the role of food is not only intended as hunger satisfaction and nutrient supply, but also as an opportunity to prevent nutrition-related diseases and improve physical and mental well-being. There is a growing interest in the novel or less well known plant foods that offer an opportunity for health maintenance. This book shows that an interest in plant foods and underutilized fruits is continuously growing, and agrobiodiversity exploitation offers effective and extraordinary potentialities. Readers will discover that plant foods could become an important source of health-promoting compounds and functional food ingredients with beneficial properties. The description of the quality and physicochemical traits, the identification and quantification of the main biologically active compounds, and the evaluation of their biological activities are important to assess plant food efficacy as functional foods or a source of food supplement ingredients for the consumers.

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.



## Open Access

Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.



## Author Focus

Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.



## High Quality & Rapid Publication

MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.



## High Visibility

Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), and the Verzeichnis Lieferbarer Bücher (VLB).



## Print on Demand and Multiple Formats

MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.