



foods



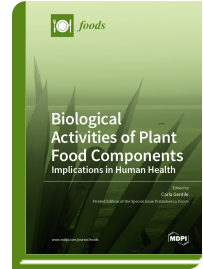
Special Issue Reprint

Biological Activities of Plant Food Components: Implications in Human Health

www.mdpi.com/books/reprint/4760

Edited by
Carla Gentile

ISBN 978-3-0365-2530-3 (Hardback)
ISBN 978-3-0365-2531-0 (PDF)



Epidemiological evidence from the last fifty years has demonstrated that nutrition plays a decisive role in human health. Eating properly is not only necessary to meet energy demands. It also actively contributes, through both preventive actions and therapeutic effects, to improving human wellness. Nutrition owes its functional role in human health to the biological activity of specific, small dietary molecules. Plants are the most important source of bioactive molecules, and dietary phytochemicals are mainly responsible for the documented protective effects of diets which are rich in plant foods. Dietary phytochemicals have attracted increasing interest in human nutrition research over the past few years due to their ability to exert several biological effects that are potentially useful for human health,

In this Special Issue, the biological activity of dietary phytochemicals, either purified or in extracts from plant foods, and their potential effects on human health are addressed and investigated.



Order Your Print Copy
You can order print copies at
www.mdpi.com/books/reprint/4760

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.