



Plant-Based Diets and Their Antioxidant Role in Human Health

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Message from the Guest Editors

A common feature of dietary guidelines is the advice to choose mainly plant foods. These are the source of numerous beneficial substances for human health, including macronutrients, vitamins, minerals and phytochemicals. Many of these are bioactive substances produced by plants to cope with the oxidative stress to which they are constantly subjected. The antioxidant role of diet may act with multiple mechanisms by offering a source of bioactive molecules with quenching properties or by stimulating endogenous antioxidant defence system. Plant-based diets are patterns mainly focused on plant foods, excluding animal foods in a more or less evident way, including vegetarian diet and Mediterranean diet. The purpose of this Special Issue is to provide the current scientific evidence available in literature about the role of plant-based diets on human health, with particular regard to multiple molecules affecting antioxidant effect. These aspects are very relevant, if we consider that oxidative stress represents a common feature of various chronic non-communicable diseases including cardiovascular diseases, diabetes, and some types of cancer.





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Message from the Editor-in-Chief

It has been recognized in medical sciences that in order to prevent adverse effects of “oxidative stress” a balance exists between prooxidants and antioxidants in living systems. Imbalances are found in a variety of diseases and chronic health situations. Our journal *Antioxidants* serves as an authoritative source of information on current topics of research in the area of oxidative stress and antioxidant defense systems. The future is bright for antioxidant research and since 2012, *Antioxidants* has become a key forum for researchers to bring their findings to the forefront.

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