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The Health Benefits of Fruits and Vegetables

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Message from the Guest Editors

Diets high in fruits and vegetables contain abundant dietary fiber, vitamins, and minerals, in particular phytochemicals, which are recommended for their health-promoting properties. Epidemiological, toxicological and nutritional studies suggested the association between fruit and vegetable consumption with the lower incidence of chronic diseases, such as coronary heart problems, cancer, diabetes, and Alzheimer's disease. In this Special Issue, the protective roles for fruits and vegetables (antioxidant activity, in vivo studies, in vitro studies, antimicrobial activity, anti-inflammatory activity, anticancer activity and others bioactivities of fruits and vegetables) cultivated under “conventional or organic agriculture” will be addressed. Both, original research articles and reviews are welcome.

Keywords: Fruits; Horticultural products; health-promoting properties; phytochemicals; Epidemiological studies; toxicological studies; nutritional studies; conventional agriculture; organic food



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Special Issue



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Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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