



Bioactive Phytochemicals and Functional Food Ingredients in Fruits and Vegetables 2022

Guest Editors:

Dr. Francesca Giampieri

1. Dipartimento di Scienze
Cliniche Specialistiche ed
Odontostomatologiche—Sez,
Biochimica, Università
Politecnica delle Marche,
Ancona, 60131 Ancona, Italy
2. Research Group on Foods,
Nutritional Biochemistry and
Health, Universidad Europea del
Atlántico, Isabel Torres 21, 39011
Santander, Spain

Prof. Dr. Maurizio Battino

Department of
Odontostomatologic and
Specialized Clinical Sciences,
Sez-Biochimica, Faculty of
Medicine, Università Politecnica
delle Marche, Via Ranieri 65,
60100 Ancona, Italy

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Message from the Guest Editors

The importance of diet for human health and well-being has been widely recognized. A diet rich in fruits and vegetables is indeed associated with a lower incidence of several degenerative pathologies, including obesity, diabetes, cardiovascular diseases, and cancer. In the last few years, numerous studies have demonstrated a wide range of biological properties and healthy benefits exerted by dietary phytochemicals, highlighting their beneficial role both in the prevention and in the treatment of several diseases. At the same time, functional foods have gained an enormous interest all around the world. Indeed, many now embrace the idea that functional foods play specific roles at different times throughout life and accept that certain foods may help to maintain a good health and prevent diseases.

The main aims of the Special Issue on "Bioactive Phytochemicals and Functional Food Ingredients in Fruits and Vegetables 2022" is to be an open forum where researchers may share their investigations and findings in this promising field and, thanks to the open access platform, increase their visibility and the chances to interact with industries and the production systems.





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Editor-in-Chief

Prof. Dr. Maurizio Battino

Department of
Odontostomatologic and
Specialized Clinical Sciences,
Sez-Biochimica, Faculty of
Medicine, Università Politecnica
delle Marche, Via Ranieri 65,
60100 Ancona, Italy

Message from the Editor-in-Chief

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*International Journal of Molecular
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