



Potential Health Benefits of Fruits and Vegetables II

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Message from the Guest Editors

Dear Colleagues,

I invite you to contribute to a Special Issue of the journal *Applied Sciences*, “Potential Health Benefits of Fruits and Vegetables II”, which aims to present recent findings on the relationship between fruits and vegetables and the prevention of disease occurrence.

As plant-based foods, both vegetables and fruits have been clearly associated with the presence of high amounts of bioactive compounds, and have been demonstrated as having a central role in the prevention of diseases. In this Special Issue, studies on the bioactive compounds’ composition of the main fruit and vegetable species, on their health effects as freshly consumed, transformed products or applied in vitro models, and on their mechanisms of actions against human pathologies will be welcome.

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Guest Editors



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Message from the Editor-in-Chief

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