



Potential Health Benefits of Fruits and Vegetables—4th Edition

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Message from the Guest Editor

Dear Colleagues,

I invite you to contribute to a Special Issue of the journal Applied Sciences titled “Potential Health Benefits of Fruits and Vegetables—4th Edition”, 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 associated with high amounts of bioactive compounds and have been demonstrated to play a central role in disease prevention. Many scientists from different research fields have made great efforts to characterize the bioactive compounds’ compositions and deepen our understanding of the mechanisms of action through which fruits and vegetables exert their health-promoting and/or disease-preventing properties. In this Special Issue, studies on the bioactive compound composition of the main fruit and vegetable species, their health effects as freshly consumed, transformed products or applied in vitro models, and their mechanisms of action against human pathologies will be welcome.

Dr. Luca Mazzoni
Guest Editor





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Editor-in-Chief

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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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