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## Bioactive Compounds in Fruit and Vegetables: Extraction, Identification and Healthy Effects

Guest Editors:

**Dr. Maria Rosário Bronze**

**Dr. Ana Matias**

**Dr. Teresa Serra**

Deadline for manuscript  
submissions:

**closed (1 December 2019)**

### Message from the Guest Editors

Fruit and vegetables are essential components of a healthy diet, as they are an important source of bioactive compounds. In order to understand the health benefits of these foods, it is mandatory to know their composition. However, these types of food are quite difficult to analyze because they are complex and contain different concentrations of various families of bioactive compounds. Adequate extraction procedures must be adopted in order to obtain characterization data that reflect the bioaccessibility of these compounds. The identification of the bioactive compounds is also mandatory to understand their functional mechanisms, how they can be absorbed by the human body, distributed to their targets, exert their effects, and be metabolized and excreted. Clinical intervention studies in humans and the use of different analytical methodologies and statistical tools can provide information on biological samples, in particular, about the biomarkers related to food consumption and the effects of food consumption on disease biomarkers, enabling to make conclusions about the health benefits of consuming vegetables and fruits.



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**Special** Issue



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### Prof. Dr. Arun K. Bhunia

1. Department of Food Science,  
Purdue University, West  
Lafayette, IN, USA

2. Department of Comparative  
Pathobiology (Courtesy), Purdue  
University, West Lafayette, IN,  
USA

## Message from the Editor-in-Chief

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*Foods* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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