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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

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