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## Current Advances on the Effects of Thermal Processing on Bioactive Compounds in Fruits and Vegetables

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### Message from the Guest Editors

The fruit and vegetable industry employs a number of types of heat processing treatments that can be combined and preceded by chemical–physical pre-treatments, depending on the product to be obtained. Drying and cooking are some of the oldest, most common, food processing methods. The basic purpose of the thermal processing of fruits and vegetables is the inhibition of microbial activity and enzyme activity and the promotion of physical or chemical changes to make the food edible and meet a certain quality standard. High temperatures may also modify the natural barriers in which some nutrients can be bio-encapsulated, resulting in an improvement in their extractability and, therefore, their bioavailability. Conversely, thermal treatments can result in damage to texture, colour, taste, and nutritional value.

This Special Issue focuses on the evaluation of the effect of heat treatments on the content, modification, and bioavailability of bioactive compounds in fruits and vegetables. It aims to provide a fundamental understanding and define strategies to improve the nutritional value of thermally processed foods.



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**Special** Issue



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## Message from the Editor-in-Chief

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