



## Bioactives in Fruit and Vegetables

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### Message from the Guest Editors

Fruit and vegetables are rich in bioactive compounds, either hydrophilic compounds, such as phenolics, including anthocyanins, and ascorbic acid, or lipophilic compounds, such as carotenoids and vitamin E. These compounds belong to the secondary metabolism of plants having a pivotal role on plant and environment relationship. In addition, these bioactive compounds have antioxidant properties, contributing to scavenging free radicals and being responsible for the human health benefits attributed to their consumption. In fact, in last two decades, a wide range of scientific papers have reported that they have antimicrobial, antidiabetic, anticancer, anti-inflammatory effects as well as neuroprotection, and cardiovascular protection activity. Thus, the aim of the present special issue will be focused on describing their mechanism of action in improving human nutrition and health benefits by using biological, chemical, cellular, molecular, and immunological methods.





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## Message from the Editor-in-Chief

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