



Fruit and Vegetable Intake and Children's Health

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Message from the Guest Editor

Dear colleagues,

Fruits and vegetables are an integral part of the human diet. Although they are not as critical as other food groups such as proteins, fats and carbohydrates, their importance to human health cannot be ignored.

The importance of fruits and vegetables in gut health has been realized in recent years. A lack of intake can lead to a number of organic and functional disorders. These include functional gastrointestinal disorders such as recurrent abdominal pain, constipation and bloating, as well as organic disorders including mineral and vitamin deficiencies, and chronic inflammation.

This Special Issue will focus on the role of fruits and vegetables in children's health, mainly in children's gut health. The scope of the issue will include, but is not limited to, exploring and validating the risk or beneficial factors related to children's health. We welcome you to contribute a review or article to this Special Issue.





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