



Fruit and Vegetable Consumption: Innovative Approaches to Assessment and Intervention with Low-Income Populations

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Message from the Guest Editor

Whole grains, non-starchy vegetables, fruit, and beans are a consistent feature of diets associated with a lower risk of cancer and other diet-related diseases. Low income is a risk factor for low fruit and vegetable intake, and increasing consumption in low-income segments of the population may help to redress socioeconomic inequalities in health. Systematic reviews and meta-analyses of interventions to date find small positive effects on intake, highlighting the need for research to improve understanding of “what works” for low-income groups. In light of the lack of methods beyond traditional dietary assessment tools and techniques, there also is a need to identify novel methods to assess and track changes in intake. In light of your expertise, you are invited to submit original research (including short communications of preliminary but significant results), reviews (narrative or systematic), or meta-analyses for this Special Issue of *Nutrients* focused on innovative approaches to assessing and modifying fruit and vegetable intake in low-income populations.





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