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The Health Benefits of Fruits and Vegetables - 2nd Edition

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submissions:

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Message from the Guest Editors

Dear Colleagues,

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 have suggested an 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, original research articles and reviews about the protective roles for fruits and vegetables (antioxidant activity, in vivo studies, in vitro studies, antimicrobial activity, anti-inflammatory activity, anticancer activity, and other bioactivities of fruits and vegetables) cultivated under "conventional or organic agriculture" will be addressed. Further, articles about the use of techniques to control food quality are also welcome.

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Guest Editors



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Special Issue



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Message from the Editor-in-Chief

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