



Nutritional Quality of Fruits and Vegetables

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Message from the Collection Editor

Fruit consumption plays an important role in human nutrition, contributing to the increase in life expectancy and prevention of chronic non-communicable diseases, especially due to the presence of minerals, vitamins, and dietary fiber. The protective effect exerted by fruit is attributed to the presence of compounds known as antioxidants capable of capturing free radicals and highlighting vitamins, phenolic compounds, and carotenoids.

It is known that a diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help to keep appetite in check. Eating non-starchy vegetables and fruits such as apples, pears, and green leafy vegetables may even promote weight loss. Their low glycemic loads prevent blood sugar spikes that can increase hunger.

The purpose of this Collection is to gather high-quality papers on the chemical and nutritional profile of fruits and vegetables developed by researchers worldwide. Original articles, reviews, and mini-reviews of any fruit and vegetable species are welcome.





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Message from the Editor-in-Chief

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