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Health Benefits and Nutritional Quality of Fruits, Nuts, and Vegetables

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Deadline for manuscript submissions:

closed (20 December 2021)

Message from the Guest Editor

Fruits, nuts, and vegetables are an important part of the human diet and are a major source of biologically active substances such as polyphenols, flavonoids, vitamins, and soluble and insoluble fibers. Recent epidemiological studies have shown that the consumption of fruits, nuts, and vegetables is positively associated with the prevention of cardiovascular diseases, reduced blood pressure, reduced risk of certain forms of cancer, better glycemic control, improved gastrointestinal function, and the control of diabetes, obesity, and osteoporosis in humans. In this Special Issue, I invite you to submit original research and review articles on the health benefits and nutritional quality of fruits, nuts, and vegetables. You are welcome to submit articles on compositional analysis, as well as in vivo/vitro studies on the antioxidant, antimicrobial, anti-diabetic, anti-inflammatory, anticancer, and other biological activities of fruits, nuts, and vegetables.



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Special Issue



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Message from the Editor-in-Chief

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