



## Potential Health Benefits of Fruits and Vegetables

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### Message from the Guest Editors

Dear Colleagues,

I invite you to contribute to a Special Issue of the journal Applied Sciences, “Potential Health Benefits of Fruits and Vegetables”, which aims to present recent findings on the relationship between fruits and vegetables and the prevention of disease occurrence.

As plant-based foods, both vegetables and fruits have been clearly associated with the presence of high amounts of bioactive compounds, and have been demonstrated as having a central role in the prevention of diseases. Many scientists of different research fields have lavished great effort both to characterize the bioactive compounds’ compositions and to deepen understanding regarding the mechanisms of action through which fruits and vegetables exert their health-promoting and/or disease-preventing properties. In this Special Issue, studies on the bioactive compounds’ composition of the main fruit and vegetable species, on their health effects as fresh-consumed, transformed products or applied in in vitro models, and on their mechanisms of actions against human pathologies will be welcome.

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*Guest Editors*

# Special Issue



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## Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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