

## Special Issue

# Fruits and Vegetables: Physicochemical Properties, Product Development and Health Benefits

### Message from the Guest Editor

Fruits and vegetables offer more than just a reliable energy boost and a source of essential micronutrients. They contain biologically active phytochemicals that contribute to maintaining human health, preventing several diseases such as heart diseases, digestive problems, aging-related diseases, metabolic diseases such as diabetes and obesity, and some types of cancer. It is estimated that there are at least nine different families of fruits and vegetables, each with hypothetically hundreds of different bioactive compounds that could offer significant health benefits. Consequently, this Special Issue invites original papers, reviews, and mini-reviews focused on the “Fruits and Vegetables: Physicochemical Properties, Product Development and Health Benefits” of fruits and vegetables. Topics of interest include, but not limited to, the following: (1) the characterization of the biological activities of fruits and vegetable phytochemicals; (2) the use of phytochemicals for developing bioactive food products and/or packaging; and (3) the evaluation of the bioactive potential of phytochemicals to prevent and/or treat metabolic and non-metabolic diseases.

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### Guest Editor

Prof. Dr. Karla A. Batista

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### Deadline for manuscript submissions

24 November 2025



## Foods

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## About the Journal

### Message from the Editor-in-Chief

*Foods* (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

### Editor-in-Chief

Prof. Dr. Arun K. Bhunia

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