

Special Issue

Bioactive Compounds in Fruit and Vegetables: Extraction, Identification and Healthy Effects

Message from the Guest Editors

Fruit and vegetables are essential components of a healthy diet, as they are an important source of bioactive compounds. In order to understand the health benefits of these foods, it is mandatory to know their composition. However, these types of food are quite difficult to analyze because they are complex and contain different concentrations of various families of bioactive compounds. Adequate extraction procedures must be adopted in order to obtain characterization data that reflect the bioaccessibility of these compounds. The identification of the bioactive compounds is also mandatory to understand their functional mechanisms, how they can be absorbed by the human body, distributed to their targets, exert their effects, and be metabolized and excreted. Clinical intervention studies in humans and the use of different analytical methodologies and statistical tools can provide information on biological samples, in particular, about the biomarkers related to food consumption and the effects of food consumption on disease biomarkers, enabling to make conclusions about the health benefits of consuming vegetables and fruits.

Guest Editors

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Deadline for manuscript submissions

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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

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