

Special Issue

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

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.

Guest Editor

Dr. Amit K. Jaiswal

1. Sustainable Packaging and Bioproducts Research (SPBR) Group, School of Food Science and Environmental Health, Faculty of Sciences and Health, Technological University Dublin, City Campus, Grangegorman, D07 ADY7 Dublin, Ireland

2. Environmental Sustainability and Health Institute, Technological University Dublin, City Campus, Grangegorman, D07 H6K8 Dublin, Ireland

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
foods@mdpi.com

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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

1. Department of Food Science, Purdue University, West Lafayette, IN 47907, USA

2. Department of Comparative Pathobiology, Purdue University, West Lafayette, IN 47907, USA

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