

Special Issue

The Health Benefits of Fruits and Vegetables - 2nd Edition

Message from the Guest Editors

Diets high in fruits and vegetables contain abundant dietary fiber, vitamins, and minerals, in particular phytochemicals, which are recommended for their health-promoting properties. Epidemiological, toxicological, and nutritional studies have suggested an association between fruit and vegetable consumption with the lower incidence of chronic diseases, such as coronary heart problems, cancer, diabetes, and Alzheimer's disease. In this Special Issue, original research articles and reviews about the protective roles for fruits and vegetables (antioxidant activity, in vivo studies, in vitro studies, antimicrobial activity, anti-inflammatory activity, anticancer activity, and other bioactivities of fruits and vegetables) cultivated under "conventional or organic agriculture" will be addressed. Further, articles about the use of techniques to control food quality are also welcome.

Guest Editors

Dr. Mercedes Del Río Celestino

Agri-Food Laboratory, (CAPDER), Avda Menéndez Pidal, s/n, 14080 Córdoba, Spain

Dr. Rafael Font Villa

Agri-food Laboratory, (CAPDER), Avda Menéndez Pidal, s/n, 14080 Córdoba, Spain

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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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manuscripts are peer-reviewed and a first decision is provided to authors approximately 14.9 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).