

Special Issue

Bioactive Phytochemicals and Functional Food Ingredients in Fruits and Vegetables 2016

Message from the Guest Editors

Dietary guidelines around the world recommend the increased consumption of fruits and vegetables, as good sources of dietary fiber, essential nutrients, and phytochemicals, to improve global health and reduce chronic disease risk. A diet rich in fruits and vegetables is indeed associated with a lower incidence of several degenerative pathologies, including obesity, diabetes, cardiovascular diseases, and cancer. In the last few years, numerous studies have demonstrated a wide range of biological properties and healthy benefits exerted by dietary phytochemicals, highlighting their beneficial role both in the prevention and in the treatment of several diseases. At the same time, functional foods have gained an enormous interest all around the world. The main aims of the Special Issue is to be an open forum where researchers may share their investigations and findings in this promising field.

Guest Editors

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