

Special Issue

Antioxidant-Rich Natural Fruit and Vegetable Foods and Human Health

Message from the Guest Editor

There is substantial evidence indicating that nutrition can benefit in the prevention of several diseases. Phytochemicals are bioactive compounds found in vegetables and fruits. The augmented consumption of fruits and vegetables in its raw and processed form could decrease the risk of the development of human diseases. Furthermore, the protective effect of natural fruit and vegetable foods has generally been attributed to their antioxidant constituents, these being essential ingredients. The aim of this Special Issue is to investigate the influence of various types of antioxidants on health, in addition to cases where they target certain chronic human diseases and in healthy adults undergoing intense physical training. The structures, activity and mechanisms of antioxidant compounds should be examined. Further to this, we welcome submissions related to exposures and interventions in animals and humans; we also welcome novel strategies in natural antioxidant nutrition quality evaluation in fruit and vegetable foods. We encourage authors to reflect how dietary antioxidant intake and environmental factors impact the prevention of diseases.

Guest Editor

Dr. Ilenia Martinelli
School of Pharmacy, University of Camerino, 62032 Camerino, Italy

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

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Editors-in-Chief

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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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