



Advances in Nutritional Composition and Antioxidant Properties of Fruits and Vegetables

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Message from the Guest Editors

Dear Colleagues,

Time ago consumers were interested in the consumption of foods with good nutritional properties. Later, nutritional composition and health benefits as a plus was taken into account. However, nowadays it is important to include more natural products in the diet because of bioactive compounds and its antioxidants properties these kind of food contain. Because of this reason, people is increasing the demand for more varied vegetable and fruits in the daily diet.

The study of the nutritional composition and antioxidant properties in common vegetables and fruits has been done, but there is another kind of exotic or non-conventional vegetable and fruits products which need to be analyzed to know its health-promoting properties attributed to its composition and antioxidant properties.

Therefore, we invite you to consider publishing original research papers and reviews related to this special issue.



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Message from the Editor-in-Chief

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