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Special Issue Reprint

## Potential Health Benefits of Fruits and Vegetables III

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The Reprint Potential Health Benefits of Fruits and Vegetables III presents recent scientific findings on the role of fruits and vegetables in promoting human health and preventing disease. As plant-based foods, fruits and vegetables are widely recognized for their high content of bioactive compounds relevant to disease prevention and health maintenance. The contributions collected in this Reprint examine the composition of bioactive compounds in major fruit and vegetable species and explore their potential health effects when consumed fresh, processed, or evaluated through experimental models. In addition, the included studies investigate the biological mechanisms through which these compounds influence physiological processes and counteract the development of human pathologies. By bringing together multidisciplinary research, the Reprint provides an updated overview of current knowledge on the nutritional and functional value of fruits and vegetables and highlights their role in supporting preventive nutrition and health-related research.



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