



## Fruits, Vegetables, and Herbs: Bioactive Foods in Health Promotion

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# Fruits, Vegetables, and Herbs: Bioactive Foods in Health Promotion

## Fruits, Vegetables, and Herbs: Bioactive Foods in Health Promotion

*Fruits, Vegetables, and Herbs: Bioactive Foods in Health Promotion* brings together experts from around the world working on the cutting edge of research on fruit, vegetables, and herbs in health promotion. Offering a timely, concise, scientific appraisal of the efficacy of key foods to prevent disease and improve the quality of life, *Fruits, Vegetables, and Herbs: Bioactive Foods in Health Promotion* provides valuable evidence-based conclusions and recommendations. This reference text will encourage further research on the potential benefits of fruits and vegetables in health and disease prevention, providing a basis for possible dietary modifications by the government and the public.

- Provides insight on bioactive constituents found in fruits and vegetables that can be further studied to improve health and disease resistance or incorporated into other food products and used as alternative medicines and dietary supplements
- Includes valuable information on how fruits are important sources of bioflavonoids and nonnutritive bioactives that modify body functions
- Offers a conclusion or summary of evidence at the end of each chapter to enhance understanding of new approaches in the field

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