About the book

This collection reviews research on phytochemicals in fruits and vegetables, their health benefits and ways these benefits can be optimised to improve human health.

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Understanding and optimising the nutraceutical properties of fruit and vegetables

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2. Advances in understanding phenolic compounds in fruits and vegetables: Cristine Vanz Borges, São Paulo State University (UNESP), Brazil; Fabio Vianello, University of Padua (UNIPD), Italy; Ricardo Alfredo Kluge, University of São Paulo (USP), Brazil; and Giuseppina Pace Pereira Lima, São Paulo State University (UNESP), Brazil
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Part 2 Phytochemicals in fruits and vegetables: glucosinolates and organosulfur compounds
5. Health-promoting effects of glucosinolates and their breakdown products: Ella O’Grady, Greta Pileckaite, Alma Gilheany and Endrita Kucana, School of Food Science and Environmental Health, Technological University Dublin - City Campus, Ireland; and Swarna Jaiswal and Amit K. Jaiswal, School of Food Science and Environmental Health, Technological University Dublin - City Campus and Environmental Sustainability and Health Institute, Technological University Dublin - City Campus, Ireland
6. Nutraceutical potential of glucosinolates: Ella O’Grady and Greta Pileckaite, School of Food Science and Environmental Health, Technological University Dublin – City Campus, Ireland; Aline Alberti, Graduate Program in Food Science and Technology, State University of Ponta Grossa, Brazil; Swarna Jaiswal and Amit K. Jaiswal, School of Food Science and Environmental Health, Technological University Dublin – City Campus and Environmental Sustainability and Health Institute, Technological University Dublin – City Campus, Ireland
7. Understanding the health benefits and nutraceutical properties of organosulphur compounds in vegetables: Greta Pileckaite and Ella O’Grady, School of Food Science and Environmental Health, Technological University Dublin – City Campus, Ireland; and Swarna Jaiswal and Amit K. Jaiswal, School of Food Science and Environmental Health, Technological University Dublin – City Campus and Environmental Sustainability and Health Institute, Technological University Dublin – City Campus, Ireland

Part 3 Phytochemicals and the prevention of disease
8. Advances in understanding the role of plant phytochemicals in preventing cancer: Gulsun Akdemir Evrendilek, Bolu Abant Izzet Baysal University, Turkey
9. Advances in understanding the role of plant phytochemicals in preventing cardiovascular disease: Nicholas J. Sadgrove and Monique S. J. Simmonds, Royal Botanic Gardens – Kew, UK

Part 4 Analysing and optimising phytochemical compounds in fruits and vegetables
10. Advances in screening/analysis of phytochemical compounds in fruits and vegetables: Alessandro Nogueira, State University of Ponta Grossa, Brazil; Amit K. Jaiswal, School of Food Science and Environmental Health, Technological University Dublin - City Campus and Environmental Sustainability and Health Institute, Technological University Dublin - City Campus, Ireland; and Aline Alberti, State University of Ponta Grossa, Brazil
11. Agronomic factors affecting phytochemical compounds in fruits and vegetables: Jiangtao Hu, Li Zhang, Zheng Wang, Jie Peng, Xiao Yang and Qichang Yang, Institute of Urban Agriculture, Chinese Academy of Agricultural Sciences, Chengdu National Agricultural Science and Technology Center, China
12. Understanding the processing of phytochemical compounds in fruits and vegetables in the gut: Stan Kubow, Lucas Roldos, Kaaile Wark and Michèle M. Iskandar, McGill University, Canada

Part 5 Case studies
13. Advances in understanding and improving the nutraceutical properties of cranberries: Oliver Chen, Biofortis Research, Merieux NutriSciences and Tufts University, USA; and Eunice Mah, Biofortis Research, Merieux NutriSciences, USA
14. Advances in understanding and improving the nutraceutical properties of apples: Lia Noemi Gerschenson, Ellana Noemi Fisore and Carolina Bélen Gómez Vargas, Universidad de Buenos Aires and CONICET, Argentina
15. Advances in understanding and improving the nutraceutical properties of broccoli and other Brassicas: Elsa M. Gonçalves, Unidade de Tecnologia e Inovação, Instituto Nacional de Investigação Agrária e Veterinária and GeoBioTec – Geobiociências, Geoenengenharias e Geotecnologias, Faculdade de Ciências e Tecnologia, Universidade Nova de Lisboa, Portugal; Carla Alegria, SFCOLAB – Associação Smart Farm COLAB Laboratório Colaborativo para a Inovação Digital na Agricultura, Rua Cândido dos Reis nº1, Espaço SFCOLAB and cE3c – Centre for Ecology, Evolution and Environmental Changes, Faculdade de Ciências, Universidade de Lisboa, Portugal; Ana Cristina Ramos, Unidade de Tecnologia e Inovação, Instituto Nacional de Investigação Agrária e Veterinária and GeoBioTec – Geobiociências, Geoenengenharias e Geotecnologias, Faculdade de Ciências e Tecnologia, Universidade Nova de Lisboa, Portugal; and Marta Abreu, Unidade de Tecnologia e Inovação, Instituto Nacional de Investigação Agrária e Veterinária and LEAF, Linking Landscape, Environment, Agriculture and Food, School of Agriculture, Universidade de Lisboa, Portugal