

Preface

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Consumption of vegetables, fruits and cereals or derived products are highly recommended by nutritionist pyramidal outliners since they are important for the proper intake of food nutrients needed for a healthy diet. However, despite the already well known compounds such as vitamins, minerals, essential amino acids etc. which are essential because human body cannot synthesize them by itself, these foods also contains bioactive phytochemical compounds (carotenoids, glucosinolates, flavonoids and other phenolic compounds, alkaloids, dietary fibres, etc.) showing specific functionalities far more important than the basic nutrition because they reduce the risk of several diseases by providing health benefits (antioxidant properties, hormonal actions, stimulation of enzymes, interference with DNA replication, anti-bacterial effect, physical action, etc.).

The present issue intends to reflect, as far as possible, the recent advances on bioactive phytochemicals in foods, from different points of view integrating the food chain from soil to health, including analysis, phytochemical compounds characterisation, agronomic factors, safety issues, business possibilities,

and health. It is based on the contributions from the invited speakers and some selected oral presentations who presented their scientific data in the Young Scientists Meeting of the Phytochemical Society of Europe “Future Trends in Phytochemistry in the Global Era of Agri-food and Health II”, held in San Pedro del Pinatar, Murcia, Spain (April 27th–30th, 2015). The congress brought together 11 invited speakers from Colombia, Italy, Czech Rep, Portugal, Austria and Spain, and an audience of almost 80 participants, most young scientists from all over the world, that had the opportunity to present their work as oral presentations (38) or posters (19).

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