

# Download Phytochemistry Of Fruits And Vegetables

In botany, a fruit is the seed-bearing structure in flowering plants (also known as angiosperms) formed from the ovary after flowering. Fruits are the means by which angiosperms disseminate seeds. Pharmacognosy and Phytochemistry is an Open Access, non profitable Journal publishes Research & Review articles. Plant foods have long been known to promote health and wellness. Cultures whose diet primarily features plant-based foods such as fruits, vegetables, whole grains and legumes have been found to have increased longevity and reduced rates of the many cancers and chronic diseases so common in. To receive news and publication updates for BioMed Research International, enter your email address in the box below.