

# Review of: "Biological Components in Cucumbers (Cucumis Sativus L.): Implications for Pickle Manufacturing and Health Benefits in Fresh and Processed Varieties"

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Potential competing interests: No potential competing interests to declare.

The article unveils cutting-edge research findings that delve into the comparative analysis of health benefits derived from fresh and processed foods. It elucidates how the nutritional profiles of these food categories differ, shedding light on their respective impacts on human health. This innovative research provides valuable insights for consumers and policymakers alike, informing dietary choices and strategies aimed at promoting overall well-being.