



Research Article

## POLYPHENOLS AND PHENOLIC COMPOUNDS IN MOUNTAIN VERSUS LOWLAND FOOD

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**ABSTRACT**

The objective of the research demonstrates that important differences consists between mountainous and lowland products, particularly concerning polyphenols and phenolic compounds. The research aims to establish the importance of certain agronomic practices in ensuring the agricultural management applicable to the development of mountain and lowland value chains. The reasons for addressing the importance of polyphenols and phenolic compounds in vegetables for the development of agriculture include multiple factors, with one of the most relevant involving the complexity of the health benefits of polyphenols. This class of pigments appears widely in nature, contributing vibrant tastes to various fruits and vegetables. The results provide insight into the polyphenols content of different vegetables, as well as phenolic compounds, highlighting their nutritional significance. The synthesis of these findings serves as a foundation for understanding the far-reaching implications on the economic viability, environmental sustainability and strategic positioning of individual agricultural producers from lowland and mountain areas.