

# Estimation of lycopene content in different tomato varieties and its commercial products

■ SHYMA P. DARSAN, J.K. RESHMA AND ANU MATHEW

Article Chronicle :

**Received :**

23.08.2013;

**Revised :**

12.11.2013;

**Accepted :**

29.11.2013

**SUMMARY :** Lycopene, the predominant carotenoid in tomatoes, exhibits the highest antioxidant activity and singlet oxygen quenching ability of all dietary carotenoids. The present study evaluated the lycopene content of fresh tomatoes, temperature treated and commercial products (sauce, ketchup and puree) procured from Thiruvananthapuram city, Kerala. The raw tomatoes showed the highest lycopene content (*Bella rosa* 10.44 mg/kg fresh wt) and commercial products showed least values (sauce 0.137 mg/kg fresh wt and ketchup 1.23 mg/kg fresh wt). This study recommends the usage of a tomato product daily to reduce the rate of chronic diseases.

**HOW TO CITE THIS ARTICLE :** Darsan, Shyma P., Reshma, J.K. and Mathew, Anu (2013). Estimation of lycopene content in different tomato varieties and its commercial products. *Asian J. Environ. Sci.*, **8**(2): 122-124.

Key Words :

Tomato, Lycopene,  
Vitamin, Carotenoid,  
Antioxidant activity

Author for correspondence :

**SHYMA P. DARSAN**

Department of  
Environmental Sciences,  
All Saints College,  
THIRUVANANTHAPURAM  
(KERALA) INDIA

See end of the article for

**Coopted authors'**