

# Fruits and vegetables: Nature's gift to obtain better health through antioxidants

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Fruits and vegetables contain different nutrients and other components which help in maintaining healthy body. These components possess antioxidant activity. In recent times natural antioxidants have raised considerable interest among nutritionists, food manufacturers and consumers because of their presumed safety and potential therapeutic value. Dietary antioxidants, such as water-soluble vitamin C and phenolic compounds, as well as lipid-soluble vitamin E and carotenoids, present in vegetables contribute both to the first and second defence lines against oxidative stress. As a result, they protect cells against oxidative damage, and may therefore prevent chronic diseases, such as cancer, cardiovascular disease, and diabetes. Naturally occurring antioxidants are capable of inhibiting the ill effects of free radical damage to human body system, but their consumption also boost the body's endogenous antioxidant mechanism to combat oxidative stress. Natural ingredients in food are considered safer option than synthetic additives. This review paper presents different natural antioxidants present in fruits and vegetables.

**Key Words :** Fruits, Vegetables, Antioxidants

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