

Total antioxidant capacity of fruits commonly consumed in Gujarat

HINAL PATEL AND V.H. PATEL

The total antioxidant activity, vitamin C and total phenols were measured from sixteen fruits and four peels. The vitamin C content ranged from 8.33 to 72 mg per cent for fruits and 8.25 to 23.33 mg per cent for fruit peels. Total phenols levels were found between 156.7 to 670.7 mg per cent for fruits and 441.0 to 1042.9 mg per cent for fruit peels. Orange, pupnus, pineapple, lemon, mango, date (red) and grape(red) had high vitamin C content whereas plum, pear, papaya, apple, pineapple, orange, date(red), mango and date (yellow) had high content of phenols on fresh weight basis. The total antioxidant capacity (TAC) expressed as per cent inhibition of lenoleic acid oxidation ranged from a high of 70.88 per cent in pineapple to a low of 8.85 per cent in sapota. In case of fruit peels, it was highest for apple peel (81.47%) and lowest for pupnus peel (16.48%). Other fruits found to have higher TAC (>30%) were plum, date (red), apple, date (yellow), orange, pupnus, banana, pear and mango.

Key Words : Antioxidant capacity, TBA, Vitamin C, Total phenols, Fruits

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MEMBERS OF RESEARCH FORUM

Author for correspondence :

V.H. PATEL, P.G. Department of Home Science, Sardar Patel University, Vallabh Vidyanagar, ANAND (GUJARAT) INDIA
Email : patelvh2004@yahoo.co.in

Associate Authors' :

HINAL PATEL, P.G. Department of Home Science, Sardar Patel University, Vallabh Vidyanagar, ANAND (GUJARAT) INDIA