



Functional food of plant origin

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ABSTRACT : “Functional food”. is a fortified food which delivers vitamins, minerals, various nutrients and nutrition. Nutrition is important for good health as well as for protection from various diseases. In recent era, functional food has attained a significant position in maintenance of human health. Phytochemicals and zoo chemicals are physiologically active components in foods. Both composition as well as amount to be consumed, are important regarding functional food? Presently, consumers are health conscious and getting total awareness regarding composition of functional food. In this brief review, scientific relevance and recommended eating of functional food of plant origin, has been reviewed.

KEY WORDS : Functional food, Phytochemicals, Zoochemical

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