DETERMINATION ANTIOXIDANT (*ASCORBIC ACID*) IN DIFFERENT TYPE OF FRUITS

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CHAPTER 1

INTRODUCTION

1.1 Background

Eat fruit as a good natural source of anti-oxidants which help to prevent the dangers of free .Antioxidants protected cells from the damage caused by highly reactive molecules known as free radicals which have been linked to health problems including cancer, Alzheimer's, and cardiovascular diseases. Antioxidants reacted with and effectively neutralize these free radicals as far as their damaging health impacts are concerned. Although free radicals were part of the natural cell metabolic processes, the body does not 100% effectively remove them particularly as one gets older. Eating antioxidants like the fruit antioxidants helps the body make up the difference.

Just as for other fruit nutrition factors, it was far better to eat natural food sources of nutrients (including the fruit antioxidants) rather than food supplements and pills. The number, quantity, and variety of antioxidants in real foods like dragon fruit was completely unmatched by any food supplement or pills - even those claiming to have 'antioxidant' health benefits. Nothing compared to the rich array of nutrients and antioxidants in a real natural food like the fruit.

Even though a supplement claiming to offer a high amount of antioxidant benefits may sound good, the fact was that foods like dragon fruit have literally thousands