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Differences between the nutritional aspects of artificially and naturally ripened banana

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Fruits and vegetables are more commonly used in our daily life. These fruits and vegetables take longer time to ripe and at the same time ripening is not uniform and the spoilage is also more. In order to regulate the supply chain in markets, artificial ripening of fruits is a necessity during their commercial handling and that is a standard practice all over the world. Our object is to know whether there would be any differences in the nutritional as well as sensory aspects in naturally and artificially ripened fruits.

Ethylene, calcium carbide are the chemicals which are used for artificial ripening that effects the nutritional quality of the fruits and also effect the human health.

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Application of phenolic antioxidants in dairy products: New approach

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For the text of the main factors that determine food quality loss and shelf-life reduction. Oxidative deterioration of fat components in dairy products is responsible for off-flavours and rancidity which decrease nutritional and sensory qualities. There are numerous evidences that oxidized lipids could have negative health implications. In order to prolong the shelf-life of fat rich dairy products, several synthetic antioxidants such as butylated hydroxytoluene (BHT), butylated hydroxyanisole (BHA), *tert*-butyl hydroquinone are used. However scientific revelations have shown that use of synthetic antioxidants may cause health hazards such as teratogenic, carcinogenic and mutagenic effects in experimental animals and primates. These reasons have directed the attention towards the use of edible plant materials as resources of safer and natural antioxidants. Polyphenolic compounds are commonly found in both edible and inedible plants, and they have been reported to have multiple biological effects, including antioxidant activity. Many species have been recognized to have medicinal properties and beneficial impact on health, e.g. antioxidant activity, digestive stimulation action, antiinflammatory, antimicrobial, hypolipidemic, antimutagenic effects and anticarcinogenic potential. Crude extracts of herbs and spices, and other plant materials rich in phenolics are of increasing interest in the food industry because they retard oxidative degradation of lipids and thereby improve the quality and nutritional value of food.

Biography

Nilkanth Pawar has completed his M.Tech. (Dairy Chemistry) from National Dairy Research Institute, Karnal (India). Presently serving as an Assistant Professor, department of dairy chemistry at College of Dairy Technology, Udgir (Latur), Maharashtra (India). He has published 3 research papers and 3 abstracts in reputed journals.

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