Some Natural Antioxidants in Food: Functions and Applications- A Lecture

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Natural antioxidants are pivotal compounds present in food (mainly as phytochemicals), food by-products and wastes of food industries. Numerous research works have reported antioxidants as widely associated with a lower incidence of degenerative diseases especially cancer and cardiovascular diseases. Antioxidants are capable of scavenging the harmful free radicals which are responsible for elevating the oxidative stress on the living cell.

Phenolic compounds, flavonoids (mainly anthocyanins), tocopherols and tocotrienol (provitamin E) and carotenes (provitamin A) are considered as potent antioxidants and predominant in many foods. These compounds are responsible for the potential health benefits and reduce the risk of many health problems including inflammation and symptoms of early ageing.

This lecture aims to shed a light on some studies that utilized natural antioxidants to formulate novel functional foods, such as biscuits, cake, beverages, salad dressing and chocolate spread.

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