



## FRUIT PEELS: A STRONG NATURAL SOURCE OF ANTIOXIDANT AND PREBIOTICS

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### ABSTRACT

The aim of the present study was to evaluate the nutritional, anti-nutritional, antioxidant, antimicrobial and prebiotic activity in peels of four selected fruits (apple, sweet lime, papaya and banana) commonly consumed in India. The nutritional and anti-nutritional constituents along with antioxidant activities were determined. Anti-bacterial activity and prebiotic potential of selected fruit peels was also estimated. All the selected fruit peels exhibit good nutritional value along with acceptable level of anti-nutritional factors. The highest values of antioxidant activity, total phenolics and flavonoids were recorded in peels of banana and apple. The results indicate that peels of different fruits can be regarded as natural plant source of antioxidants with high prebiotic potential.

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