

Antioxidants present in vegetables and fruits interact synergistically and are provable beneficial in treating degenerative disorders. The present study was undertaken to determine the total antioxidant activity of selected plant foods and to develop antioxidant-rich food supplements. Four antioxidant-rich food mixes were prepared by the incorporation of amaranthus powder, drumstick leaves powder, carrot powder, and mango powder at 5 percent level, along with 65 percent wheat flour, 10 percent wheat germ, 10 percent roasted Bengal gram flour, 5 percent soya flour and 5 percent amla powder. They were also extruded in the form of vermicelli. The mixes were incorporated (5% level) into commonly used preparations namely idli, dosai, puttu and chapathi and the acceptability tests were done. The total antioxidant activity of raw and processed foods ranged from 40.50 to 86.02 percent being maximum in wheat germ. The antioxidant activity of vermicelli was higher compared to their respected mixtures. The findings revealed the feasibility of developing antioxidant-rich food mixes and extruded products that were found to be acceptable and rich in micronutrients.



Mrs.C.Helen
Assistant Professor
Research Centre of Home Science
Fatima College
Madurai
Tamilnadu
India

Helen C.
Kowsalya S.

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