

Comparative Analysis of Vitamin C Content in Fresh and Processed Fruit Juices in Guntur City

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ABSTRACT

Fruit juices have become an important part of human diet with increased demand for consumer needs for their nutritional value and refreshing nature. Fruit juices offer diversified health benefits as they are low in sodium content and fat, with high concentrations of vitamin C, polyphenols and antioxidants. Preliminary survey was done using a structured questionnaire to elicit the information on availability of variety of fruit juices, selling practices and number of vendors in Guntur city. Vitamin C content of six selected street vended fresh fruit juices and processed fruit juices (pineapple, apple, mosambi, grapes, pomegranate and guava) were chemically analyzed by standard methods. The results of the present study indicated that vitamin C concentrations in fresh and processed juices was pineapple juice (27.87 and 9.48 mg/100 ml), apple juice (2.79 and 1.41 mg/100 ml), mosambi juice (39.67 and 5.85 mg/100 ml), grape juice (15.45 and 5.67 mg/100 ml), pomegranate juice (10.73 and 6.31 mg/100 ml) and guava juice (113.59 and 69.51 mg/100 ml) respectively. From the results it can be concluded that fresh fruit juices contained more amounts of vitamin C compared to processed fruit juices. There was significant difference in the vitamin C content between fresh and processed fruit juices.

Key words: *Fruit juices, Titrable acidity, Vitamin C.*