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*Shaping Lives...
Empowering Communities...*

Introduction to Postharvest Technology



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IMPORTANCE OF FRUITS AND VEGETABLES

- **Fresh fruits and vegetables (F&V) have been part of human diet since the dawn of the history.**
- **The systematic nutritional value of the some F & V was recognized in the early 17th century in England.**
- **One example is the ability of the citrus fruit to cure scurvy, a diseases wide spread among naval personnel.**
- **F & V are rich in antioxidants, phenolic compounds and dietary fiber which are considered to be beneficial in reducing risk of various cancers.**



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IMPORTANCE OF FRUITS AND VEGETABLES

- **Fruits and vegetables are being rich in vitamins and minerals, known as protective foods.**
- **Due to their high nutritive value, ready availability, and being inexpensive they make significantly contributes to human well-being.**
- **Realizing the worth of fruits and vegetables in human health ICMR recommend consumption of 120g of fruits and 280g of vegetables per capita per day.**



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- **Ascorbic acid: Aonla, Citrus, Barbodos cherry rich in vitamin C and cure scurvy since humans cannot synthesize vitamin C. Vitamin C acts as an antioxidant.**
- **Fruits and vegetables are rich in beta -carotene (provitamin A) which is essential for the maintenance of eyes health;**
- **Fruits and vegetables are excellent source of and folic acid which prevents anemia. These also prevent degenerative diseases which are prevalent in people with sedentary lifestyle. Concern about obesity and coronary heart diseases have led to reduced levels of fat intake.**



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They are considered as protective food since they have nutritional and medicinal properties.