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# Antioxidant Properties and Health Benefits of Horticultural Crops

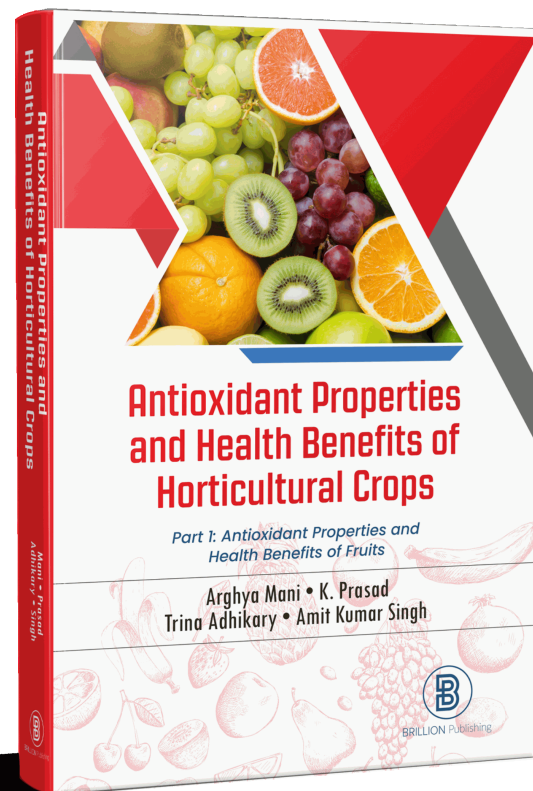
## Part 1: Antioxidant Properties and Health Benefits of Fruits

Fruits and vegetables are irreplaceable part of human diet. They are a packhouse of nutrients like vitamins and minerals and rich source of antioxidants and phenolics as well. Antioxidants prevent accumulation of free radicals in the tissues hence prevent aging and cancer. However, in India, the Per capita consumption of fruits and vegetables is much lower than the required amount resulting malnourishment and micronutrients deficiency in majority of population. This book would enlighten the readers about the healing power of mother nature to attract them more towards the plant grown foods rather than choosing the plant processed food. The book comes in 2 parts. The 1st part comes with antioxidant properties and health benefits of different fruits. The 2nd part covers antioxidant properties and health benefits of different vegetables and flowers. The information given in the book is consolidated information from different sources with proper references. The book would be of utility for students, teachers, researchers and scientists of different Agriculture Universities, Food Technologists, Nutritionist and Home Scientist/dietitians. It would also be a great source of knowledge for any person who want to know about nutritional properties and health benefits. This book would not only aware us about the health benefits of different horticultural crops but also trigger new ideas for demanding research themes. As there is almost no book covering such an important aspect of horticultural crops, this book would serve the purpose and provide ample information in one place.

Fruits and vegetables are important source of vitamins, minerals, antioxidants and phenolic components. There is almost no single platform where all these information are provided.

- The complete book comes with two volumes. The 1st part contains "Antioxidant properties and health benefits of different fruits" and the 2nd part covers "Antioxidant properties and health benefits of different vegetables and flowers".
- The book would be valuable for the students, teachers, researchers and scientists of Agriculture Science, Food Technology, Nutrition Science and Home Science.
- This book would not only well informed us about the nutritional properties and health benefits of different horticultural crops but would also trigger our visualization for the blooming researchable issues.

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ISBN: 978-93-93980-02-1

E-ISBN: 978-93-93980-03-8

Pages: 555

2022

 Printed Copy

Set Price ₹ 9990/-

### (Contents)

- Antioxidant Properties and Health Benefits of Mango
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- Antioxidant Properties and Health Benefits of Citrus
- Antioxidant Properties and Health Benefits of Papaya
- Antioxidant Properties and Health Benefits of Guava
- Antioxidant Properties and Health Benefits of Pineapple
- Antioxidant Properties and Health Benefits of Dragon Fruit
- Antioxidant Properties and Health Benefits of Grapes
- Antioxidant Properties and Health Benefits of Apple
- Antioxidant Properties and Health Benefits of Pear
- Antioxidant Properties and Health Benefits of Peach, Plum & Apricot
- Antioxidant Properties and Health Benefits of Strawberry
- Antioxidant Properties and Health Benefits of Bael
- Antioxidant Properties and Health Benefits of Litchi
- Antioxidant Properties and Health Benefits of Sapota
- Antioxidant Properties and Health Benefits of Cherry
- Antioxidant and Health Benefits of Kiwi Fruit
- Antioxidant Properties and Health Benefits of Aonla
- Antioxidant Properties and Health Benefits of Pomegranate
- Antioxidant Properties and Health Benefits of Jamun
- Antioxidant Properties and Health Benefits of Lesser-known Underutilized Fruits

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ISBN: 978-93-93980-02-1

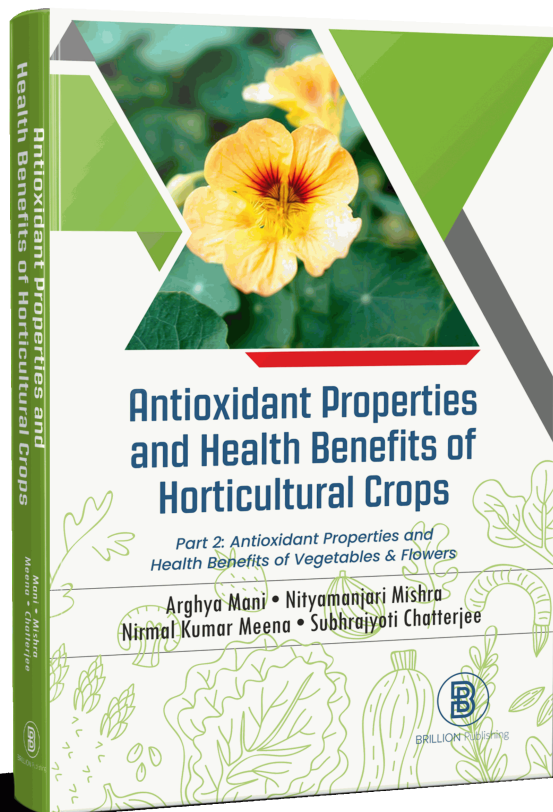


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# Antioxidant Properties and Health Benefits of Horticultural Crops

## Part 2: Antioxidant Properties and Health Benefits of Vegetables & Flowers



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ISBN: 978-93-93980-04-5

e-ISBN: 978-93-93980-05-2

Pages: 482

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Printed Copy

Set Price ₹ 9990/-

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