



Determination of Ascorbic acid content in conventionally grown fruits and vegetables by colorimetry

B.Jyothi¹, N.Madhavi^{*2}, P.Sridharababu³

¹Department of Chemistry, SwarnaBharathi Institute of Science and Technology, Khammam, Telangana, India

²P.G department of chemistry, J.K.C College, A.P, Guntur, India

³Department of Chemistry, J.K.C College, A.P, Guntur, India

Abstract:Plants and their products have a wide range of nutrients and phytochemicals. They play an important role in protection of humans against risk of oxidative stress related diseases such as cardiac diseases and cancers. Ascorbic acid content has been determined by colorimetric method in Citrulluslanatus,Phyllanthusemblica, Musa paradisiaca, Cucumissativus,Cocciniagrandis,(Teegabachali), (Kadabachali), Hibiscus sabdariffa and Rumexcrispus. From the present investigation it is revealed that the ascorbic acid concentration is more in unripe banana, amla and fully ripen cucumber. The concentration of vitamin C is diminishing with increase in temperature in watermelon, kadabachali, teegabachali, roselle, rosellekonda and rumex. The present study suggests that it is advised to consume them with less processing time by thermal exposure to absorb more concentration of vitamin C and to avoid more destruction. Because fresh vegetables and fruits have higher level of vitamin C than cooked vegetables.

Keywords: Ascorbic acid, Colorimetry, ripening, cancers, diminishing, thermal exposure.