

VEGETABLES AS A POTENTIAL SOURCE OF NUTRACEUTICALS AND PHYTOCHEMICALS: A REVIEW

SAURABH SINGH¹ & MAYANGLAMBAM BILASHINI DEVI²

¹Ph.D Scholar, Department of Vegetable Science, Punjab Agricultural University, Ludhiana, India

²ICAR ARS Scientist, New Delhi, India

ABSTRACT

About 3 billion people in the world are malnourished due to imbalanced diet. Vegetables are the essential part of balanced diet since they are good source of phytonutrients and nutraceutical compounds. Vegetables are rich source of carbohydrates, proteins, vitamins and minerals, hence known as protective foods. They also give health protection on account of the presence of secondary metabolites of therapeutic importance. The most important phytonutriceuticals in vegetables that have biological activity against chronic diseases are: vitamins, minerals, dietary fiber, organosulfur compounds (glucosinolates and thiosulfides) and flavonoids. Each vegetable contains a unique combination of phytonutriceuticals. A great diversity of vegetables should be eaten to ensure that individual's diet includes a combination of phytonutriceuticals and to get all the health benefits. Phytochemicals are broadly described as phytoestrogens, terpenoids, carotenoids, limonoids, phytosterols, glucosinolates, polyphenols, flavonoids, isoflavonoids and anthocyanidins. They have tremendous impact on the health care system and may provide medical health benefits including the prevention and/ or treatment of diseases and physiological disorders. The present review has been devoted to get acquainted with nutraceutical value of vegetables.

KEYWORDS: Vegetables, Nutraceuticals, Phytochemicals, Edible Pigments, Human Nutrition