LYCOPENE, VITAMIN C AND TOTAL POLYPHENOLS IN GUAVA WINE

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Guava (Psidium guajava L.) is a typical fruit in tropical and subtropical regions of Brazil, presenting a large consumption not only in natura but also when it is industrialized. The increase of its consumption is directly related to the widespread knowledge that this fruit has many nutritional qualities, is rich in fibers, total polyphenols, vitamin C and carotenoids, especially lycopene, an importance substance which helps prevent cancer and other chronic diseases like heart and circulatory ones. Traditionally, the wine fermentation comes from the grapes that are used as the main raw material for the wine production but any other edible fruit or vegetable which is humid, has sugar and nutrients for the yeast can be used to make fermented alcoholic beverages. In the guava wine made from this experiment, it was found vitamin C, total polyphenols and lycopene. These determinations were carried out in samples collected during several stages of fermentation. It was observed a decrease in the quantity of vitamin C (110.07 for 8.806 mg%) as well as a lost of composed substances responsible for the color, like lycopene (299.8µg/L for 69.5µg/L) during the stage of racking, suggesting the color composed substances got stuck in the grout, resulting a product similar to white wine, without the characteristic pigmentation of guava fruit. Concerned to polyphenols, it was verified an increase in the content (328.5mg/L for 648.3mg/L), showing therefore the functional importance because of its antioxidant, what helps for the maintenance of health of those people who are used to drinking wine very often.