Fruit are well known as a great and natural source of bioactive compounds, including antioxidants which may be beneficial to human health. Many researches claim that fruit are a good source of phytochemicals, essential to prevent degenerative diseases like cardiovascular diseases (CVD). In this context dried fruit are most commonly not just as a snack but also as a plant source containing a number of healthy components. Thus, dried fruit are positive addition to the diet. The purpose of research was to compare the antioxidant capacity and polyphenols content of selected dried fruit. The twelve kind of dried fruit (apples, apricots, banana, cranberry, dactyls, figs, mango, pineapple, plum, raisins, strawberry and white mulberry) obtained from polish market were analyzed. Extraction of fruit was conducted with 60% methanol. For characterizing their antiradical potential three methods were used, namely: radical scavenging DPPH, ABTS and chelating activity. Polyphenols content was performed using the Folin-Ciocalteu reagent assay. Results of the research varied in each measured parameter, what was caused by the type of sample. Polyphenols content ranged between 0.89mg/g of product for banana and 10.02mg/g of product for strawberry. Results are in correlation with antioxidative potential. Both tests: ABTS and DPPH indicated strawberry antioxidant potential as the highest, achieving value: 6.43 and 23.19 mM Trolox/g of product, respectively. Results showed that analyzed extracts of dried fruit may be a convenient functional additive used in food production, offering a great source of polyphenols.

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