Evaluation of pepper consumption effect in the metabolism of mice.

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The peppers are used on the culinary and several food industries to give color and flavor to the foods. The main characteristic sensory (pungency), is caused for a group of alkaloids known as capsaicinoids. Beyond of sensory characteristics, the capsaicinoids are correlated with the antioxidant, antitumor, antiinflammatory, analgesic activities and cardiovascular system stimulation too is reported that pepper helps in the fight against obesity by increasing metabolism and thermogenesis. The aim of this work was to evaluate the influence of the pepper consumption in the weight gain of balb-c mice. The pepper Capsicum chinense variety "murupi" was lyophilized, microencapsuled and added in the mice feed. These animals were fed for 7 days, and were divided in 3 groups, the control group (without pepper on the feed), the group "A" that ate 29.62 mg of pepper/Kg/day and the group "B" that ate 18.6 mg of pepper/Kg/day. The group "A" and "B" ate 2.7 % and 29.1 %, respectively, more feed than the control. Was observed that group "A", "B" and control gained, respectively, 1.7 %, 2.0 % and 5.07% of weight, establishing a negative correlation of 0.96 between the consumption of pepper and the weight gain. These data shows a probably effect of pepper (capsaicinoids) in the increasing metabolism.