

Exotic berry skin and pulp found to have high antioxidants levels

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The exotic Ceylon gooseberry fruit is an attractive purple berry that is produced in the southwest tropics of Brazil and is often used in jams and drinks and also sold as a fresh fruit. The authors of a recent study in the *Journal of Food Science*, published by the Institute of Food Technologists (IFT), discovered that gooseberry skin and pulp contained higher antioxidant activity than other berries such as blueberries and cranberries.

Gooseberries contains high levels of phytochemicals, which have been reported in several studies to prevent oxidative stress that can cause cancer and heart disease. Gooseberry skin could potentially be a source of natural colorants and antioxidants for use in food manufacturing.

The researchers from the department of [food science](#), food engineering school, Campinas State University in Brazil were the first to study the nutritional composition and [antioxidant capacity](#) of the gooseberry fruit.

More information: Read the *Journal of Food Science* abstract here [onlinelibrary.wiley.com/doi/10 ... -3841.12978/abstract](https://onlinelibrary.wiley.com/doi/10.1111/j.1365-3113.2015.03841.x)

Provided by Institute of Food Technologists

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