

# New use for passion fruit seeds discovered

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The passion fruit is used around the world in juices, salads, syrups and even ice cream. A team of researchers from the University of Sao Paulo, Brazil have discovered that the passion fruit seed oils, which are typically discarded in production, are a good source of nutrients and might be able to be used as edible oils in functional foods. Their findings are detailed in a recent study in the *Journal of Food Science* study, published by the Institute of Food Technologists (IFT).

The yellow passion fruit seeds were found to have high antioxidant properties such as polyunsaturated [fatty acids](#), linolenic acid, vitamin E, carotenoids, and polyphenols. These type of antioxidants are known to protect against [lipid oxidation](#) and might have beneficial effects on human health.

Instead of just being a waste-product of passion fruit juice, the seeds could be used in the development of a diverse range of functional food products. In addition, the passion fruit seed oil possesses a smell similar to its juice that could potentially be used as an aromatic agent in [food](#) preparation.

**More information:** Fernanda Carvalho de Santana et al. Chemical Composition and Antioxidant Capacity of Brazilian Seed Oils , *Journal of Food Science* (2015). [DOI: 10.1111/1750-3841.13102](https://doi.org/10.1111/1750-3841.13102)

Provided by Institute of Food Technologists

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