IMPACT OF PROCESSING ON THE RETENTION OF PHYTOCHEMICALS

W.E.L. Spieß and E. Walz

Federal Research Centre for Nutrition, Institute of Process Engineering, Karlsruhe, Germany

Phytochemicals are currently of special interest due to their multiple physiological functions and their potential health benefits. The impact of processing on phenolic-substances, carotinoids and other substances are demonstrated at the example of processes which are at the moment under investigation at the Institute of Process Engineering.

Special emphasis is given to process conditions which allow the retention of phytochemicals during processing and subsequent storage.

The individual processes described are the production of sultana grapes, the drying and grinding of paprika, the dehydration of onions and the preparation of fresh cut green vegetable products such as salads with an improved shelf life.

1st KARLSRUHE NUTRITION SYMPOSIUM

Physiological Functions of Dietary Phytochemicals and Complex Carbohydrates

> September 29 - October 1, 1996 Congress Centre Karlsruhe

ABSTRACTS

Federal Research Centre for Nutrition • Engesser Strasse 20 • D - 76131 Karlsruhe