Frequently Asked Questions

1. Why Fruits are good for health?

Fruits are good source of carbohydrates, fiber, vitamins, minerals, and antioxidants. Dietary fiber is very important for our digestive system. Antioxidant will help us to prevent cancer and other diseases.

2. Do all the fruits are good for health?

It depends on our age, the time and amount you consume and our health condition. Apple, grapes, kiwi, berries, pineapple, orange, apricot, and plum are in general, one can eat any time. Don't eat few fruits just before going to bed. Banana, mangoes, jack fruit, papaya, avocado, are good to have two hours before going to bed.

3. Why eating fresh fruit is better than juice?

Eating fresh fruit is always better, but again it depends on how you are preparing the juice, and also how much convenient to consume. For example when we are making strawberry smoothie or milk shake we won't remove anything from fruit and as juice we will consume more too. But in case of commercial apple juice we are not going to get any dietary fiber and also more sugar is added. Select your choice considering what else you had too.

4. Which fruits continue to ripen after they are picked?
Apricots, bananas, cantaloupe, kiwi, mangoes, nectarines, peaches, pears, plantains and plums continue to ripen at room temperature after they are picked. To speed ripening, pack them in a loosely closed brown paper bag. Plastic bags are not suitable for ripening.
Fruits that should be picked or bought ripe and ready to eat include apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon.

5. Should fruits and vegetables be washed before they are stored?
It is important that we wash fresh fruits and vegetables when ready to eat them rather than when they are first purchased or picked. Some of the guidelines which one need to follow for safely handling fruits and vegetables:

• Thoroughly rinse raw fruits and vegetables under running water before eating them. Don't use soap, detergents or bleach solutions.

• If necessary scrub firm produce, such as melons and cucumbers, with a clean produce brush to remove surface dirt.

6. What are fruits?

In botanical terms a "fruit" is a part of a flowering plant that derives from specific tissues of the flower, mainly one or more ovaries. Often the botanical fruit is only part of the common fruit, or is merely adjacent to it. On the other hand, the botanical sense includes many structures that are not commonly called "fruits",

7.How many types are there in fruits?

There are 3 major types of fruits, they are

1.Tropical fruits

a)Major tropical fruits : Mango, banana, Pineapple and Papaya

b)Minor tropical fruits : Cashew apple, guava, lychee, mangosteen, sapota, passion fruit , tamarind, durain, rambutan, Jackfruit

2.Subtropical fruits

a)Citrus fruits : grapefruit, lemon, lime, orange, pummelo, tangerine and mandarin

b)Non citrus fruits : avocado, cherimoya ,fig, kiwifruit, olive, pomegranate

3.Temperate fruits:

a)Pome fruits : apple, pear, quince

b)Stone fruits : apricot, cherry, peach and plum

c)Small fruits and berries : grapes, strawberry, raspberry, blueberry, blackberry, cranberry

8. How fruits help to humans?

Fruits are not only colourful and flavourful components of ourdiet, but they also serve as a source of energy, vitamins, minerals and dietary fibers. Recent studies have emphasizes the consumption of five servings of fruits and vegetables. In some countries, consumers are encouraged to eat up to ten servings of fruits. Apart from being a source of carbohydrates, they also contribute towards the recommended dietary intake of minerals especially Zinc and selenium. They also contain a group of antioxidants commonly referred to as Phytochemicals

9.What are the types of vitamins in fruits explain with example?

Fresh fruits contribute about 91 % of vitamin C, 48 % vitamin A, 27% of vitamin B6, 17% of Thiamin and 15 % niacin to the human diet.

The following fruits are the important contributors to the supply of vitamins

1.Vitamin A : orange, mango, papaya, pineapple, watermelon, apricot, peach , cherry

2.Vitamin C : Strawberry, orange, grapefruit, kiwifruit, pineapple, amla (Indian gooseberry)

3.Niacin : banana, apricot, orange

4.Riboflavin: banana, peach, avocado, apple, orange

5. Thiamin : orange, banana, grapefruit, apple

10. What is the composition of fruits?

Fruits are generally high in fiber, water, vitamin C and sugars, although this latter varies widely from traces as in lime, to 61% of the fresh weight of the date. Fruits also contain various phytochemicals that do not yet have an RDA/RDI listing under most nutritional factsheets, and which research indicates are required for proper long-term cellular health and disease prevention. Regular consumption of fruit is associated with reduced risks of cancer, cardiovascular disease (especially coronary heart disease), stroke, Alzheimer disease, cataracts, and some of the functional declines associated with aging.

11.How do you preserve the post harvested fruits?

a) Environmental temperature, relative humidity, atmospheric composition: Temperature management is the most important tool for extension of shelf life and maintenance of quality of fresh fruit. Relative humidity influences water loss, decay development and incidence of physiological disorders and uniformity of fruit ripening. Optimal relative humidity for storage of fruit is 85-90%. Finally atmospheric composition (O_2, CO_2 and C_2H_2 in particular) can greatly influence respiration rate and storage life.

b) Handling methods: post- harvest handling systems involve the channels through which harvested fruit reaches the processing facility or consumer. Handling methods should be chosen such that they maintain fruit quality and avoid delays.

c) Time period between harvesting and consumption: delays between harvesting and cooling or processing may result in direct losses (due to water loss and decay) and indirect losses (decrease in flavor and nutritional quality)

12. What are Anthocyanins in fruits?

Anthocyanins occur as a glycoside in cell sap. Anthocyanin's of selected fruits are presented. They are water soluble, unstable and are readily hydrolyzed by enzymes to free anthocyanin which may be oxidized to give brown oxidizing products.

13. What is the different between fruits and vegetables?
A fruit is actually the sweet, ripened ovary or ovaries of a seed-bearing plant. A vegetable, in contrast, is an herbaceous plant cultivated for an edible part (seeds, roots, stems, leaves, bulbs, tubers, or non sweet fruits). So, to be really nitpicky, a fruit could be a vegetable, but a vegetable could not be a fruit.

14. What are the types of vitamins in fruits?
Fresh fruits contribute about 26% of magnesium, and 19% of iron to the human diet.

The following fruits are the important contributors to the supply of indicated minerals
1.Potassium : Banana, peach, orange, apple

2.Phosphorus : Banana, orange, peach, fig, raisin

3.Calcium : Tangerine, grapefruit and orange

4.Iron : Strawberry, banana, apple, orange

15. What are the Volatiles compounds present in fruits?
Volatiles are responsible for the characteristic aroma of the fruits. They are present in formed in climacteric fruit is ethylene. Ethylene does not have strong aroma and does not contribute to the typical fruit aroma.
Volatiles compounds are largely esters, carbonyls, alcohols, aldehydes and ketones and acids. Very large number of volatile compounds has been identified in fruits and more are identified as advances in separation and detection techniques and gas chromatography methods are made.However, only a few key volatile compounds impart a chractristic flavour to a particular fruit such as Amyl acetate in Banana.