

Summary

Fruits which are among the perishable commodities are important ingredients in human diets. Due to their nutritive value, they make significant nutritional contribution to human wellbeing. They are the cheaper and better source of protective foods. Fruits are not only colorful and flavorful component of our diet, but they also serve as a source of energy, vitamins, minerals and dietary fibers. It is recommended that, a person should consume 2-3 servings of fruits in the diet. In some countries, consumers are encouraged to eat up to ten servings of fruits and vegetables per day because their consumption has been strongly associated with reduced risk of cancer, heart disease, stroke and other chronic diseases. This is attributed in part to their content of antioxidant phytochemicals. Maturity of fruits at harvest is the most important criteria that determine the storage life of and final fruit quality. There are number of factors which play an important role in composition and quality of the fruit. In order to obtain the best quality fruits, it is important to adhere to certain pre and post- harvest guidelines such as handling, storage and transportation procedures. This will help in long way to reap the maximum benefits of the crop available to us.