



## SUMMARY

Fruit is a part of a flowering plant that derives from specific tissues of the flower, one or more ovaries, and in some cases accessory tissues. Fruits are sweet plant products, which are highly nutritious, packed with minerals, vitamins, fibers, and phytochemicals, latter being responsible for anti-oxidant activity of fruits. Fruits are low in calories and fats. The major constituents in fruits are sugar, polysaccharides, and organic acids, while N- compounds and lipids are present in lesser amounts. Minor constituents include pigments and aroma substances of importance to sensory quality, and vitamins, minerals and bio active compounds of nutritional importance. However, the chemical composition of fruits varies with ripeness and variety. Fruits can be classified on the basis of growing region, botany etc into various groups. Apart from being rich in above mentioned minor constituents, fruits also contain basic nutrients like carbohydrates. As the trend is changing and more importance is given to the nutraceutical value of foods, thus the modern world is preferring fruits over junk food because of the presence of highly active anti- oxidants and other phytochemicals.