

## **Vitamin “C” content of underutilised fruits in Sri Lanka**

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L- Ascorbic acid which is known as Vitamin C, is an important naturally occurring substance to health and its antioxidant property helps to reduce several physiological disorders in body. Active forms of vitamin C are L-ascorbic acid and dehydro-L-ascorbic acid. L-Ascorbic acid readily oxidised to form dehydro-L-ascorbic acid and it further oxidised to form diketo-L-gulonic. This study was conducted to find out the vitamin C content of six underutilised fruits and to find out the rich source of vitamin C among analysed fruits. Fruit extract was prepared from edible portions of flesh and titrated against

standardised 2, 6-Dichloroindophenol dye. It was found that, the vitamin C content of the fruits ranged from 4 mg/100 g in Galsiyambala to 253 mg/100 g Veralu in fresh basis. Vitamin C contents of the tested fruits were as follows:

Fruits	Mean Vitamin C content (mg/ 100 g $\pm$ SD of flesh)	Given Median (mg/ 100 g of flesh)
Bilin ( <i>Spondios dulicis</i> )	5.64 $\pm$ 0.8	4.84 - 6.44
Veralu ( <i>Elaceocarpus serratus</i> )	252.82 $\pm$ 17.6	235.22 - 270.42
Ambarella ( <i>Spondios dulicis</i> )	92.69 $\pm$ 6.8	85.89 - 99.49
Guava ( <i>Psidium guava</i> )	231.64 $\pm$ 8.2	223.44 - 239.84
Galsiyambala ( <i>Adenantha agalaosperma</i> )	4.12 $\pm$ 0.5	3.62 - 4.62
Star fruit ( <i>Averrhoa carambola</i> )	12.98 $\pm$ 2.9	10.08 - 15.88

n=10

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