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HEALTHY PROPERTIES OF SELECTED NATIONAL FRUITS

Summary

Fruits and fruit preserves are the source of valuable and essential nutrients. They are low-calorific, rich in vitamins, minerals, dietary fiber, pectin, easily absorbed sugars and organic acids. They contain valuable bioactive substances such as polyphenols or phytoestrogens that are responsible for the health benefits of fruits. The right amount of them in a diet is especially important for maintaining good health. Selection of the most nutritious raw materials, rich in many naturally occurring substances, is the property and quality of the fruit. Particular attention should be paid to domestic fruits, whose greater accessibility for consumers, shorter shelf-life and transport make them more attractive and valuable raw materials.

The aim of this paper was to present the pro-health properties of selected fruits cultivated in Poland: black chokeberry, elderberry, cranberry, honeyberry and raspberry, because of their valuable prophylactic properties in the treatment of many diseases.

Keywords: bioactive components, fruits, health properties