



THE CONTENT OF PIGMENTS, POLYPHENOLS AND FLAVONOIDS IN AVOCADO (*Persea Americana*) SAMPLES

Ivana Grbić¹, Nebojša Đ. Pantelić¹

¹*Department of Chemistry and Biochemistry, Faculty of Agriculture, University of Belgrade, Nemanjina 6, 11080 Zemun-Belgrade, Serbia*

In the 21st century, the popularity of avocado fruit (*Persea Americana*) has increased as well as its use. Many studies have shown that both the peel and meat of this fruit are rich in bioactive components that positively affect human health. The aim of the present study was to determine the total amount of pigments, free polyphenols and flavonoids in avocado (*Persea Americana*) fruit.

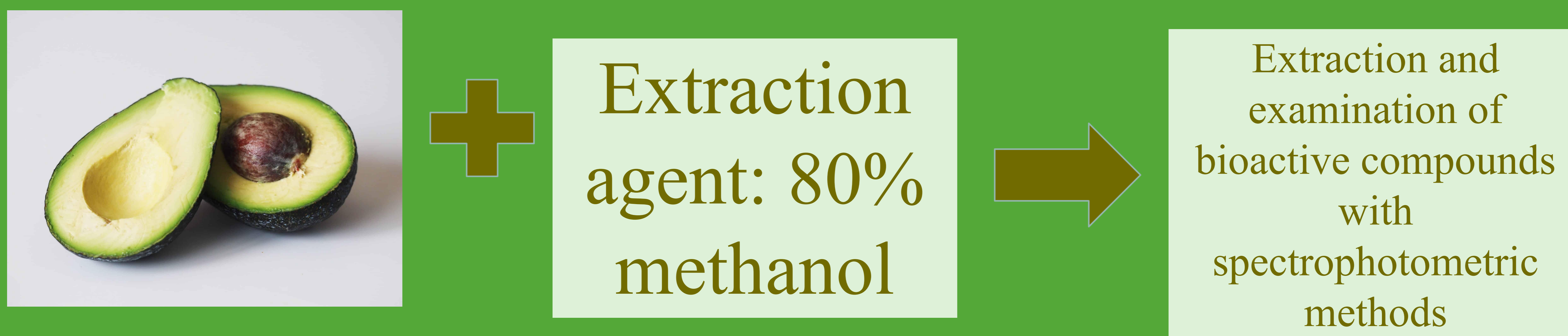


Table 1. Content of selected bioactive compounds

Samples	Chlorophyll a (µg/g dry weight)	Chlorophyll b (µg/g dry weight)	Carotenoids (µg/g dry weight)	Free polyphenols (mg/g GAE)	Free flavonoids (mg/g QE)
Peel	19.39	11.12	3.78	10.76 ± 0.74	2.98 ± 1.18
Meat	1.34	/	0.96	1.23 ± 0.04	/

According to obtained results, there is a significant difference in the content of bioactive compounds of the peel and the meat of the avocado, however, obtained values indicate that the presence of this fruit in the human diet may have a positive effect on human health.

Acknowledgements: This work was supported by the Ministry of Education, Science and Technological Development of the Republic of Serbia, Contract number: 451-03-9/2021-14/200116.
For further information, contact: pantelic@agrif.bg.ac.rs