

REVIEW REGARDING THE CONTENTS IN POLYPHENOLS AND THE NUTRITIONAL VALUE OF PLANTS FROM ROMANIA'S SPONTANEOUS FLORA

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Abstract.

After polyphenols are defined, the benefits they bring to the body are presented and a few examples of polyphenols are given, polyphenol food sources are listed. It is subsequently mentioned that synthetic polyphenols are used in the food industry as additives with antioxidant properties. Because it was found that they negatively affect health efforts are made to replace them with polyphenols extracted from plants. They can be found in every flower making plant, being spread in all vegetative organs but also in flowers and fruits. Furthermore, research outcomes regarding the contents in antioxidants are presented, as well as the nutritive value of certain plants from our country and examples are given of plants from the spontaneous flora the colours of which indicate high contents of anthocyanin in flowers and fruits and flavonoids in flowers.

Keywords: meat industry, myoglobin, natural preservatives, polyphenols, scavenging activity

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