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## Grape juice: Its compounds and health benefits

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Experimental data have increasingly suggested that cellular oxidative damage has a relevant pathophysiological role in Eseveral types of human diseases, such as atherosclerosis and cancer. In order to minimize oxidative stress, our cells have developed a complex biochemical redox mechanism, consisting of both enzymatic and non-enzymatic components. Moreover, the diet, especially the consumption of fruits and vegetables, also has an important role in the maintenance of physiological redox equilibrium. These foods supply several antioxidants, including several polyphenolic compounds to the body. Grapes are rich in phenolic compounds, such as flavonoids (catechin, epicatechin, quercetin, anthocyanins, procyanidins), and resveratrol (3,5,4'-trihydroxy-stilbene), which are mainly found in red grape products. Nowadays, many studies showed the grape juice's health benefices. All findings suggest that grape juices induce significant antioxidant, neuroprotec, hepatoprotec, antiplaquetary, antitumoral, antimutagenic, antigenotoxic activities and also, increase the memory, and this may be an important issue for further investigations in the area of biochemical functional foods.

## Biography

Caroline Dani graduated from the University Center BIOMEDICINA Feevale (2004). She completed her Master's in Biotechnology from the University of Caxias do Sul (2006) and PhD in Biotechnology from the University of Caxias do Sul (2008). She is currently a full Professor at Methodist University IPA, working on undergraduate and Graduate Stricto sense, Biosciences and rehabilitation and Reabilitação and Inclusion prograMS. She is a Coordinator of the Graduate Program in Bioscience and Rehabilitation and defended her dissertation and thesis based on the benefits of grape juice. She has experience in the area of nutrition, with emphasis on Biochemistry of Nutrition, acting on the following topics: juice, organic, conventional, polyphenols, antioxidant, grape juice and oxidative stress, flavonoids, portal hypertension.

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