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Characterization of apricot bioactive compounds and their health benefits

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The nutrient profile and antioxidant capacity of the new apricot clones were analyzed to evaluate the evolution of bioactive compounds and their contribution to antioxidant activities during fruit ripening.

Among the studied bioactive compounds, polyphenols identified by thioacidolysis combined with the ultra-fast liquid chromatography (UFLC) method were the main contributors to the antioxidant activity of the apricot fruits.

The results showed that red and orange apricots had significantly higher phenolic contents and antioxidant activities than light apricots. This indicates, on the one hand, the importance of the color of the fruit skin in determining the quality of apricots and on the other hand the importance of color in the choice of fruits with high nutritional value.

Biography

Jamal Ayour Doctor and University Lecturer in Nutrition and Food Sciences. He is an expert in the chemical formulation of various new products and dietary supplements. He has published articles and books in reputable journals, participated in international conferences and was a renowned member of the editorial and publishing committee.