

4th Annual Conference on **DIABETES**

June 15, 2023 | Webinar

Development of functional food by utilizing the apricot waste

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Waste is basically material that is not considered fit for consumption. But the waste contains a lot of bioactive compounds such as antioxidants, vitamins, and phenolic compounds. There are different sources of waste in which the primary source is plant waste. In plant waste, fruit wastes are considered to rank high in the waste list. Apricot belongs to the fruit family that contains different nutrients and bioactive compounds. However, industrial and humans are consumed only the flesh part of the apricot and the rest of the materials go to waste. There are different parts including seeds, peel and pomace are considered waste. This waste contains a lot of antioxidants and phenolic compounds. There are different novel technologies are being used to extract bioactive compounds from waste. These technologies are used separately and in combination to extract the bioactive compounds. The combined use of these technologies is beneficial because it gives better yield, high efficiency and sustainable production. Collected extracts are added in to different foods to make these food functional foods. The different foods industries including meat, baking, beverage and dairy are used this extract for the purpose of enhancing shelf life, improving stability and improving nutrition value. Conclusively, bioactive compound extract from apricot waste can be valuable in the formation of functional foods.

Biography

Afifa Aziz studied in the department of food science at Government College University Faisalabad which is located in Pakistan.