

Antioxidative efficiency of some common traditional Egyptian beverages

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Consumers are becoming increasingly aware of the health aspects of food, so urging scientists to search for new natural sources of antioxidants. The most popular, common and traditional beverages served in Egypt are the following: carob, doum, hibiscus, tamarind, and mixtures of (hibiscus and tamarind), (hibiscus and doum), and finally (hibiscus, tamarind and carob) served as soft drinks, and anise, cacao, caraway, cinnamon, fenugreek, camomile, ginger and mixtures of hibiscus and cinnamon, and anise and caraway served as hot drinks, also tea and peppermint and their mixtures. They were all examined for their total pigments, total phenols, flavonoides, carotenoides and vitamin C content by using colorimetric analysis. The antioxidant properties of their methanolic and water extracts (prepared for serving as hot or soft drinks) were evaluated by monitoring the changes occurring in the resistance of oil toward oxidative rancidity at 100°C by the Rancimat method. Methanolic and water extracts of clove were tested as they are used as flavour enhancers for some beverages and results obtained by Rancimat test indicated their high efficiency in retarding the thermal oxidation at 100°C of oil used.

PROPRIETA' ANTIOSSIDANTI DI ALCUNE BEVANDE TRADIZIONALI USATE IN EGITTO

I consumatori diventano sempre più esigenti verso gli aspetti salutistici degli alimenti sollecitando i ricercatori a trovare nuove fonti di antiossidanti naturali. Le bevande più popolari, comuni e tradizionali consumate in Egitto sono carota, ibisco, tamarindo e miscele-ibisco tamarindo, ibisco-tamarindo-carota servite come soft drink ed anice, cacao, cumino, cannella, fieno greco, camomilla, ginger e miscele ibisco-cannella, anice-cumino servite come bevande calde ed inoltre te, menta e loro miscele. Tutti questi prodotti sono stati analizzati mediante colorimetria per determinare il contenuto totale di pigmenti, fenoli, flavonoidi, carotenoidi e vitamina C.

Le proprietà antiossidanti degli estratti metanolici ed acquosi (preparati come bevande calde e fredde) sono state valutate monitorando i cambiamenti di resistenza dell'olio all'ossidazione a 100° C con il metodo Rancimat. Sono stati anche analizzati estratti metanolico ed acquoso dei chiodi di garofano, che vengono usati come aromatizzanti in alcune bevande; i risultati usando il metodo al Rancimat indicano la loro alta efficacia nel ritardare l'ossidazione termica dell'olio a 100° .