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## Editorial note on Food chemistry of Vegetables Rich in Anti-oxidants That Help in Avoiding Diseases

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Antioxidants are the ones which help in preventing or slowing down the damage to the cells that are caused by the free radicals. Free Radicals are the unstable molecules that are produced by the body as a reaction to the environment and other pressures. Antioxidants are also called as Free radical scavengers.

Free radicals are the substances that are usually produced by the cells as the body processes food and reacts to the environment.

There are many factors that influence in production of the free radicals like internal factors like Inflammation and External factors like pollution, UV exposure, cigarette smoke etc. Free radicals are also known as the reactive oxygen species.

The oxidative damage of cellular components due to reactive oxygen species that are continuously generated in normal physiological processes as well as under the influence of external factors leads to many chronic diseases such as cancer, diabetes, cardiovascular, Alzheimer's, arthritis, paralysis and other health problems related to functional decline related to increasing age.

The antioxidants that are present in the vegetables and Spices will help in fighting against these a reactive oxygen species so it is very important in our day to day life that we have to take the antioxidant rich food in order to avoid these diseases. Antioxidant rich Agricultural Products having phenolic compounds and organic acids include cereal, grains, vegetables, oil, seed extract etc. Antioxidants in the form of polyphenol and terpenoids have beneficial effect in different mechanism like scavenging the free radicals, by improving the dissimilation's of free radicals, by chelating the pro-oxidant metals.

Vegetables which are the Natural sources of antioxidants include a pumpkins, tomato, brinjal cabbage, red bell pepper, green bell pepper, and beetroot.

### Red bell pepper (CAPSICUM ANNUUM):

These are filled with antioxidants and Vitamin C .They also help in boosting the immune system due to the high vitamin A vitamin C and antioxidant properties .They even have the beta-carotene activities which helps in maintaining the healthy skin and vision.

### Tomato (SOLANUM LYCOPERSICUM):

Is also rich in antioxidants and it is an excellent source of vitamin C They help in combat the formation of the free radicals. They also contain Lycopene which is a polyphenol or plant compound. It has fibres, potassium, Vitamin C and choline contents. Tomato also contains folate that helps to balance homocysteine levels. Tomatoes have high content of water that help in hydration and support normal bowel movements.

**Beetroot (BETA VULGARIS):** Is also rich in antioxidants, fibre, potassium, iron, folate etc. They are particularly rich in a group of antioxidants called betalains.