

Title Effect maturity stage on antioxidants activity of papaya fruit (*Carica papaya* cv. Eksotika)

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Citation Abstracts of 7th International Postharvest Symposium 2012 (IPS2012). 25-29 June, 2012. Putra World Trade Centre (PWTC), Kuala Lumpur, Malaysia. 238 pages.

Keywords papaya; maturity

Abstract

Papaya fruit (*Carica papaya* cv. Eksotika) is one of the fruits commonly consumed as diet by societies especially in Malaysia. The objective of this study to evaluate effect maturity stage of papaya fruit on physiochemical, antioxidant capacity and sensory evaluation. Papaya fruit were selected based on their visual maturity. Classifying them in five stage of maturity (stage 1, stage 2, stage 3, stage 4 and stage 5). Antioxidant activity included total flavonoid (TF), folin-ciocalteau index (FCI), ferric reducing antioxidant power (FRAP), radical scavenging activity (DPPH) and (ABTS). The TPC, TF, FRAP, DPPH, and ABTS, values increased significantly with the ripening process. They were observed that the last stage 5 of maturity was better than stage 3 and stage 4. The present results show the important role of the ripening stage in increasing the antioxidant content of papaya fruits.