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## Bioactive functions of red grape

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Grape has a widespread consumption in the country and world since it contains mineral matters, aroma matters, fruit acids, especially vitamins A, B1, B2 and C and has a high nutrition value. Medicines that are produced by using especially fruit parts of Red grape (*Vitis vinifera*) have been used in traditional medicine. There are phenolic and flavonoid composites having antioxidant characteristics that are healthy and prevent diseases in the compound of red grape and affiliate products. The most common flavonoids in red grape are flavonols (quercetin, kaempferol, myricetin), flavon-3-ols (catechin, epicatechin, tanens) and anthocyanin. Anthocyan (malvidin, peonidin, petunidin, cyanidin, delphinidin) is the flavonoid that gains the characteristic color of red grape and red vines. Red grape (*Vitis vinifera*) has a strong antioxidant effect due to high phenolic compounds in its seed and flavonoids of these phenolic compounds. Thanks to its antioxidant effect, red grape has many pharmacological specifications and provides prevention against oxidative stress. Moreover, it shows a negative correlation with incidence of coroner artery disease related to overconsumption of saturated fats. Grape and its products are used in many European countries, especially France. In this study, it is aimed to investigate bioactive functions of red grape and its products and its relation with health.

## Biography

Çağlar Akçalı has completed her Bachelor of Nutrition and Dietetic from Ege University. She is doing her Master's degree in Department of Nutrition and Dietetic at Ankara University. Also, she is a Research Assistant at the same university.

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