Title Antioxidant and anthocyanin contents of sour cherry cultivars

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Abstract

Evidence suggests that a diet with high fruit and vegetable consumption may decrease the risk of chronic diseases, such as cardiovascular diseases and cancer, and phytochemicals including phenolics, flavonoids and carotenoids from fruits and vegetables may play a key role in reducing chronic disease risk. Recent research has proven that sour cherry (*Prunus cerasus* L.) is a valuable natural source of some bioactive compounds important in human health preservation. According to the published data, the most important biological effects of sour cherry are connected – directly or indirectly – to their endogenous antioxidant content as well as to their specific pattern of anthocyanin components. We measured the total antioxidant capacity of some Hungarian sour cherry varieties in combination with their anthocyanin and vitamin C contents. In 2003, twelve clones were selected from a local sour cherry population called "Bosnyák" sour cherry grown in small home gardens and farms of the village CsengŐd (Great-Plain Region, south Hungary). Other Hungarian sour cherry varieties, i.e., 'Újfehértói fürtös', 'Érdi bŐtermŐ', 'Debreceni bŐtermŐ', 'CsengŐdi' and 'Kántorjánosi' served as controls.