

FOOD QUALITY OF SOME VEGETABLES AND FRUITS JUICES

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Abstract

Fruits and vegetables juices are those drinks which are obtained by mechanical procedures (pressing, centrifugation) or by diffusion and which are conserved using different methods (concentration, chemical conservation, pasteurization). The juices with pulp or the nectars preserve the nutritional value of the products from which they come, but they are exposed to sedimentation.

Five types of juices with pulp obtained from apples, pears, carrots, tomatoes and a blend (1:1:1 apples, pears, carrots) were analyzed regarding the efficiency of converting in juice, acidity, sugars, the content of C vitamin, nitrates and nitrites. The efficiency in juice for all the utilised variants was within the values found in the speciality literature. The results regarding the acidity and C vitamin revealed smaller values of those characteristics in natural juices with pulp in comparison with the similar juices from the supermarket for with those characteristics are adjusted.

Key words: Juices, fruits, pears, blend, efficiency in juice