

Cauliflower : A rich source of antioxidant

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ABSTRACT : Cauliflower is a rich source of antioxidant. Functionally, it scavenges the free radical formed during the oxidative stress. This free radical damages the cell and their constituents. Consequently, it leads to chronic heart disease and ageing related problem. To reduce the health related problem, crop like cauliflower should be consumed in appropriate manner in daily dietary food.

Key Words : Cauliflower, antioxidant, chronic heart disease and ageing.