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## **Phenolic Content of Selected Dried Fruits**

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**Abstract:** Dried fruits are significant part of human diet. There is important evidence that diet rich in foods of plant origin such as fruits and vegetables is associated with lower incidence of cardiovascular diseases and cancer. Thus, when fruits are not available in their fresh form, dried products are also preferred. Dried fruits are regarded as excellent sources of polyphenolic compounds. Due to their high polyphenolic content, dried fruits are an important source of antioxidants in the diet that may contribute to lowering oxidative stress and preventing oxidative damage to critical cellular components. That is why, dried fruits are especially preferred during the seasons when they are not available and also in cookies and snacks processing. The purpose of the present study was to evaluate the total phenolic content of dried white mulberry, black mulberry and prunes. The selected dried fruits were collected from local markets in Canakkale, Turkey. The extraction of the phenolics was done first by blending the homogenized fruits with ethanol (80%) for 6 hours at room temperature. Afterwards, the extracts were collected and the total phenolics content was determined via the spectrophotometric Folin-Ciocalteu method. The phenolic

content of the dried fruits varied between 851.712 and 978.052 mg gallic acid equivalents / 100 g dried fruits. In the present study, it was shown that dried white mulberry, black mulberry and prunes contain substantial amount of phenolic compounds.

**Keywords:** dried fruits, mulberry, prunes, phenolics.

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