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Role of the Nutraceutical and Functional Food Applications of Golden Sweet Potato

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Abstract : *Golden sweet potato, commonly associated with orange-fleshed sweet potato, is an important nutrient-rich root crop with considerable potential for nutraceutical and functional food applications. It contains essential nutrients, including carbohydrates, dietary fibre, vitamins, minerals, carotenoids, phenolic compounds, and other biologically active substances. Its characteristic golden-orange colour is primarily associated with beta-carotene, a provitamin A carotenoid that contributes to vitamin A nutrition. The increasing interest in natural, plant-based functional foods has created opportunities for incorporating golden sweet potato into bakery products, beverages, breakfast cereals, infant foods, snacks, nutritional supplements, and other value-added food products. Its antioxidant compounds and dietary fibre further increase its importance in nutritional product development.*

Keywords: Golden Sweet Potato, Nutraceuticals, Functional Foods, Beta-Carotene, Antioxidants, Vitamin A, Food Processing, Nutritional Health.

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