

## IMPROVING THE NUTRITIONAL VALUE OF FOOD BY USING HORTICULTURAL BY-PRODUCTS

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Horticultural by-products are often overlooked in traditional farming methods, but they have become a useful resource in the quest for food production that is sustainable and good for the environment. This abstract talks about the many benefits of using horticultural by-products in the food production process. It shows how these by-products could change customer tastes and habits.

Traditionally, horticultural by-products like food residues, peels, seeds, and parts that were thrown away were seen as waste. But new ways of doing things in agribusiness and food science have shown their untapped promise. By using these waste products for something else, not only do we help the earth, but we also get a lot of other benefits. These waste products are full of bioactive compounds, dietary fibers, and antioxidants, which make food items healthier. Also, they can be used as natural additives to improve texture, taste, and shelf life. This means that synthetic additives can be used less often.

People are becoming more aware of sustainability and health, so they are becoming more interested in goods that use horticultural by-products. These people know that wasting less food is good for the earth and has a positive effect on their carbon footprint. Also, consumers who care about their health like the fact that by-products are naturally good for their health. Because of this changing customer demand, food producers and manufacturers are putting by-products into a wide range of products, from functional foods to snacks and drinks.

In the present study, pumpkin skin and black grape skin were used to improve the nutritional value of two dairy products yogurt and a semi-hard cheese.

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