Anthocyanin Losses during Blueberry Juice Processing

Self-Assessment Quiz

1. How many different sugars are commonly attached to blueberry anthocyanins?
2. One
3. Two
4. **Three**
5. Four
6. The most dramatic loss of anthocyanins during juice processing occurs during?
7. Thawing of frozen berries
8. **Mashing step with enzyme treatment**
9. Pressing
10. Pasteurization
11. Enzyme cocktails used during mashing can be contaminated with?
12. **Glycosidases**
13. Polyphenol oxidase
14. Peroxidase
15. Glutathione transferase
16. Which of the following would **not** help mitigate anthocyanin losses?
17. Oxygen exclusion
18. Rapid inactivation of polyphenol oxidase (PPO)
19. **Addition of ascorbic acid**
20. Development of varieties with reduced PPO
21. Following cellular disruption anthocyanins are released from the vacuole and can?
22. Bind to pectins
23. React with catechins to form polymers
24. Bind to proteins
25. **All of the above**
26. Blueberry waste material (press cake or pomace) is commonly?
27. Fed to cattle
28. Used as compost
29. Dumped in municipal landfills
30. **All of the above**
31. Blueberry anthocyanins are thought to afford protection against all of these diseases **except**?
32. Coronary heart disease
33. **Acquired immune deficiency syndrome (AIDS)**
34. Obesity
35. Neurodenerative diseases
36. Blueberry press cake or pomace is an excellent source of?
37. Dietary fiber
38. Anthocyanins
39. Vitamins
40. **Both a and b**
41. Blueberries contain how many anthocyanins
42. < 5
43. <10
44. < 20
45. **>25**
46. The two most important biological activities of anthocyanins are?
47. Antioxidant
48. Anti-inflammatory
49. Gluconeogenic
50. **Both a and b**