Antioxidant properties of 21-day young shoots of white and red headed cabbage

Numerous epidemiological and pharmacological studies have revealed that a diet rich in *Brassica* vegetables may play an important role in protection against many chronic diseases, including cardiovascular disease, type II diabetes, dementia, age-related macular degeneration, immune dysfunction, obesity and some cancers. Brassica vegetables are classified as functional foods. Although horticultural Brassicaceae plants are excellent sources of nutrients, such as vitamins, minerals and fibre, the majority of the research has concentrated on the content of secondary metabolites, e.g. glucosinolates, polyphenols and others. Young shoots of vegetable are a completely new group of food products, which is currently developing intensively. This study were undertaken to broaden knowledge on health-promoting properties of raw 21-day young shoots of white and red headed cabbages, particularly in terms of the following indicators: dry matter, vitamin C, polyphenols, chlorophyll a and b, carotenoids, anthocyanins and antioxidant activity. Young shoots of red headed cabbage were generally characterized by a higher content of the discussed compounds, and thus - higher antioxidant activity, compared to young shoots of white cabbage.