ABSTRACT

The phytochemical profiles and antioxidant activity of methanolic extract of Wheat Grains (WG) and 3 days old wheat seedlings (3dWS) were evaluated in the present study. Phytochemical analysis was performed for alkaloids, flavonoids, phenols, saponins, steroids, terpenoids, proteins and carbohydrates in WG and 3dWS extracts. Antioxidant activity was evaluated using DPPH and ABTS radical scavenging activity, total phenolic content and reducing power ability. In this study, the results of WG were compared with 3dWS. The results of phytochemical analysis showed the presence of all the above phytochemicals in the both 3dWS and WG extracts. When compared with WG, the 3dWS possesses high nutritional contents and antioxidant activity. Hence, it is suggested to add wheat seedling in the daily diet to reduce many diseases caused by antioxidant deficiency.