

Traditional plants as source of functional foods: a review

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Abstract

The aim of this work was to assess the following plants as functional foods that can be found in Mexico: white sapote (*Casimiroa edulis*), jicama (*Pachyrhizus spp.*), amaranth (*Amaranthus hypochondriacus*), sweet fennel (*Foeniculum vulgare*), oregano (*Lippia graveolens*), pitahaya (*Hylocereus sp.*), agave (*Agave americana*), pelitre (*Heliopsis longipes*), and purslane (*Portulaca oleracea L*). The main characteristics, components and active substances, forms of use in traditional medicine, nutritional properties, evaluation of biological assays, and the potential possibilities of research with the plants and/or extracts were reviewed.