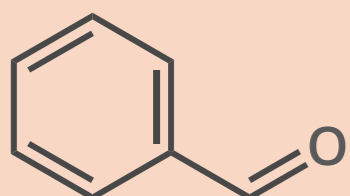
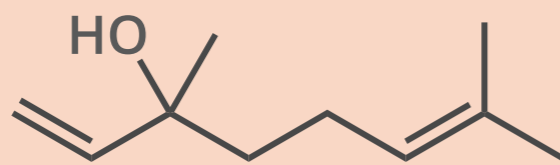


THE CHEMISTRY OF PLUMS & PRUNES

PLUM AROMA & WAX BLOOM



BENZALDEHYDE



LINALOOL



γ -DECALACTONE

The aroma of plums is down to a number of volatile compounds, which include benzaldehyde, linalool, ethyl nonoate, methyl cinnamate, & γ -decalactone. Several six-carbon alcohols, aldehydes, and esters also contribute.

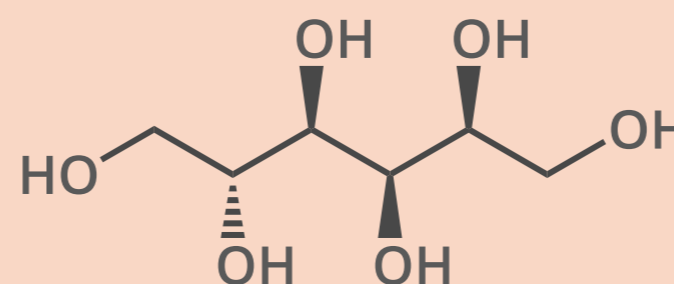
The dusty white coating visible on many plums is referred to as a 'wax bloom'. This bloom consists of long chain alkanes and alcohols (mainly those containing 29 carbon atoms), and adds to the flavour of the plum by trapping compounds such as nonanal.



NONANAL



WHY DO PRUNES HELP WITH CONSTIPATION?



SORBITOL

PRUNES

15g

CHEWING GUM

30g

VS

(SORBITOL CONTENT PER 100 GRAMS)

Prunes are dried plums, and are often cited as a home remedy for constipation. This is due to their relatively high natural levels of the known laxative compound sorbitol (approximately 15g per 100g). Sorbitol is also responsible for the laxative effect of some chewing gums. Phenolic compounds, such as neochlorogenic acids, and the high fibre content of prunes may also aid the laxative effect.