

# Significance of Plant Secondary Metabolites in Adiposity Control

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**Abstract:** *The Phytochemicals especially secondary metabolites (chemical compounds found in plants), are responsible for biological activities. More than thousand phytochemicals have been identified and are present in whole grains, fruits, vegetables, nuts and herbs. Phytochemicals are basically secondary metabolites. Many naturally occurring secondary metabolites or phytochemicals (alkaloids, flavonoids, glycosides, tannins, terpenoids, polyphenols, carboxylic acid etc.) are found in various plants and possess anti-obesity properties through diverse mechanisms of action.*

**Keywords:** *Phytochemicals*