

ABSTRACT

The present invention provides a water-absorbent sheet containing 5-hydroxy-2-hydroxymethyl- γ -pyrone for preventing the discoloration of vegetables, fruits or cut flowers. As compared with the prior art, the present invention retains the freshness of vegetables, fruits and cut flowers, such as the prevention of leaf wilting or rotting, while preventing the discoloration of the cut surface of the vegetables, fruits and cut flowers.