

Development and quality evaluation of wheatgrass powder

S.K. CHOUHAN AND R. MOGRA

Wheatgrass (*Triticum aestivum*) is mentioned in Ayurveda, an Indian herbal system of medicine. Ayurveda describes it as immunomodulator, antioxidant, astringent, laxative, diuretic and antibacterial. Wheatgrass is used for the treatment of acidity, colitis, kidney malfunction, swelling wounds and vitiated conditions. Wheatgrass (*Triticum aestivum*) belongs to the family of Poaceae, which has many medicinal values and health benefits. They are excellent source of vitamin, minerals, antioxidant, amino acids, protein, chlorophyll and active enzymes. In the present study wheat was processed and grown as grass. This grass was dried in shade and powdered to obtain wheatgrass powder. Dried powder of wheatgrass was analyzed for its physico-chemical, proximate composition that is moisture, crude fat, crude protein, crude fibre, ash, carbohydrates, energy and minerals like calcium, iron, phosphorus and anti nutrient oxalic acid. Results revealed that proximate composition of 11.4 ± 0.50 , 22.5 ± 1.60 , 1.9 ± 0.69 , 16.6 ± 0.68 , 5.2 ± 0.50 , 42.2 ± 0.8 , 275.9 ± 1.20 g/100g and 186.6 ± 15.27 , 60.23 ± 5.05 , 17.6 ± 0.24 , 47.3 ± 0.65 mg/100g.

Key Words : Wheatgrass, Antidiabetic agent, Immunomodulator, Antioxidant, Astringent, Laxative, Diuretic

How to cite this article : Chouhan, S.K. and Mogra, R. (2014). Development and quality evaluation of wheatgrass powder. *Food Sci. Res. J.*, 5(1): 26-29.

MEMBERS OF RESEARCH FORUM

Author for correspondence :

S.K. CHOUHAN, Department of Foods and Nutrition, College of Home Science ,
Maharana Pratap University of Agriculture and Technology, UDAIPUR
(RAJASTHAN) INDIA
Email: sejalchouhan3@gmail.com

Associate Authors' :

R. MOGRA, Department of Foods and Nutrition, College of Home Science , Maharana
Pratap University of Agriculture and Technology, UDAIPUR (RAJASTHAN) INDIA
Email: mognarenu@yahoo.co.in