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Value addition to traditional products for iron security

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Green leafy vegetables constitute the treasure trove of nutrients in addition to being cheap and easily available. Dehydration of GLVs concentrates nutrients thus providing nutridense food for nutrient security. Hence, an investigation was undertaken to develop green leafy vegetable based designer foods for iron security of adolescent girls with the objective to utilize dehydrated GLV in traditional products to ensure iron security. *Bhajis* and *Pooris* with rehydrated *Rajagira, Chapathi* and *Thalipattu* with sautéed *Rajagira* received higher scores with acceptability scores of 85.33, 92.44, 88.89 and 90.44, respectively and hence, were ranked first. The analyzed protein, iron and β-carotene content in all the value added products ranged from 8.43 to17.97 g, 10.59 to 14.90 mg and 1937 to 3462 µg per serving, respectively and were able to meet 12.98 to 27.64, 37.82 to 53.21 and 80.70 to 144.25 per cent of RDA, respectively for the adolescent girls. Hence, the consumption of value added products from *Rajagira* might serve as a means of combating anemia and to improve the health.

Key Words : Anemia, Green leafy vegetables, Traditional products

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