

Nutritional evaluation of value added products using dehydrated greens for security of haematinic nutrient

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Green leafy vegetables (GLVs) are known to be inexpensive rich sources of micronutrients such as vitamin A, iron, β -carotene, etc. and utilizing them is one way of ensuring the micronutrient intake. Dehydration is one of the traditional methods of preservation, which converts the food in to light weight, easily transportable and storable product. It facilitates the utilization of the dried leaves in other parts of the country or world where this vegetable is unavailable in plenty. In addition to increasing variety in the menu, reducing wastage, labour and storage space, dehydrated vegetables are simple to use and have longer shelf-life than fresh vegetables. On one hand dehydrated greens are concentrated form of iron and on the other home preparations based on cereals and pulses contain negligible amount of iron so addition of dehydrated greens as natural means into it become a long term sustainable, culturally acceptable, rational applicable, feasible, cost effective and suitable approach to attain iron security and combat iron deficiency anaemia.

Key Words : Anaemia, Dehydration, Micronutrients, Iron security

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