

Nutritional quality of the selected whole and processed food grains grown in Central Telangana zone of Andhra Pradesh

K. DIVYA, K. UMA MAHESWARI AND T.V. HYMAVATHI

Proximate analysis of a food sample determines the total protein, fat, carbohydrate, ash and moisture reported as the percentage composition of the product. The quality of the assays and the definition of the composition (*i.e.* which components are included in the measurement) vary. The samples analyzed were jowar, maize, blackgram and bengalgram. The processing techniques adapted were dehulling for jowar, blackgram and bengalgram and flour making for maize. Hence, the present investigation was taken up with the objective of determining the proximate content in the selected whole and processed food grains at Central Telangana Zone of A.P. The proximates moisture, protein, fat, ash, fibre and carbohydrate were analyzed in the samples by using standard AOAC methods. The results revealed that statistically significant difference at 5 per cent level was observed with regard to all the nutrients analyzed between the whole and the processed samples, except protein in jowar and maize, fat and ash in jowar and carbohydrate in jowar, maize and blackgram, which were statistically not significant. The whole grain samples contained lower content of moisture, protein, fat, ash and carbohydrate than processed grains. Except fibre whole grains contained greater fibre content than processed grain.

Key Words : Food grains, Proximates, Whole, Processed, Cereal, Pulses

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MEMBERS OF RESEARCH FORUM

Author for correspondence :

K. DIVYA, Department of Foods and Nutrition, Acharya N.G. Ranga Agricultural University, Rajendranagar, HYDERABAD (A.P.) INDIA

Email: divyanutrition@gmail.com

Associate Authors' :

K. UMA MAHESWARI AND T.V. HYMAVATHI, Department of Foods and Nutrition, Acharya N.G. Ranga Agricultural University, Rajendranagar, HYDERABAD (A.P.) INDIA
