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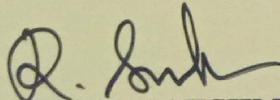
Rahmath Nagar, Tirunelveli - 627011, Tamil Nadu, India.

NATIONAL SEMINAR ON

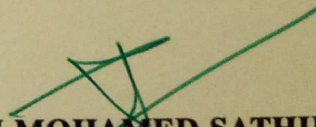
Bringing you
NUTRIVISION
HEALTHY EATING FOR LONGEVITY

CERTIFICATE

This is to certify that *Dr./Mr/Ms./Mrs..G..C..GILBIS.....TAMIL.....PRIYA.....* ASSISTANT.....PROFESSOR.....
of *Department...of...Nutrition...and...Dietetics.....Muslim....Arts...College.....Thiruvithancode.....*
has participated in the National Seminar on Nutrivision - Healthy Eating for Longevity on 18th September 2018
as a *deleccate / resource person / published a paper / presented a paper / poster* entitled on *Nutrient.....Analysis.....*
of.....Dehydrate.....Leafy.....Vegetable.....Idli.....powder.....for.....all.....age.....groups.....
organized by the Department of Nutrition and Dietetics, Sadakathullah Appa College, Tirunelveli, Tamil Nadu.


Mrs.R.SWARNALAKSHMI
Convenor




Dr.M.MOHAMED SATHIK
Principal

National Seminar On

BRINGING YOU - NUTRI VISION HEALTHY EATING FOR LONGEVITY

18th September 2018

Organized by

Department of Nutrition and Dietetics

Editors

Mrs. R. Swarnalakshmi

Ms. V. Angel Mary

Ms. S. Aariba

Mr. S. M. Prasad

Mrs. M. Vaidivel Devi



SADAKATHULLAH APPA EDUCATIONAL SOCIETY
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BRINGING YOU - NUTRI VISION HEALTHY EATING FOR LONGEVITY

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NUTRIENT ANALYSIS OF DEHYDRATE LEAFY VEGETABLE IDLI POWDER FOR ALL AGE GROUPS

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Abstract

Nutrients are the constituents in food that must be supplied to the in suitable amounts. These include Carbohydrates, Protein, Fiber, Calcium, Vitamin, Minerals, etc.

The study has undertaken with the objectives (i) To prepare the leafy vegetable idli powder using agathikeerai, coriander leaves, curry leaves, paruppukeerai, spinach (ii) To estimate the nutrient content of the leafy vegetable idli powder (iii) To analysis the organoleptic properties of the leafy vegetable idli powder (iv) to Find the keeping quality of the quality of the leafy vegetable idli powder (v) To make aware about the leafy vegetable idli powder which good to health.

The leafy vegetable idli powder that prepared for Bengal gram dhal, black gram dhal, Agathikeerai, coriander leaves, curry leaves, paruppukeerai, spinach, red chilli, garlic, and salt. The leafy vegetable Idli Powder is implemented to make recipes. The recipes were leafy vegetable idli powder. The sensory analysis were analyzed by untrained panel members.

The result show that leafy vegetable idli powder is well accepted by the panel members keeping quality was also done by leafy vegetable idli powder. Nutrients analysis were also done. The result signify that there were bunch of nutrient such as carbohydrates, protein, Fiber Calcium, vitamin-c. That is prepared form leafy vegetable idli powder.

Introduction

Leafy vegetables are called potherbs green, vegetables green, leafy green or salad green are plant leaves eaten as a vegetable, sometimes accompanied by tender petioles and shoots. (David J, (1998).

The leaves of many folder crops are also edible by human, but usually only eaten under famine condition. Dhaniala, (1989)

Leafy vegetables contain many typical plant nutrient, but since they are photosynthetic tissue, their content vitamin k, in relation other types of foods, is particularly notable.

Leafy vegetables are typically low in calories, low in fat, high in protein per calories, high in dietary fibre, high in iron and calcium and very high in iron and calcium and very highy in photochemical such as vitamin-c, carotenoids, lutein, folate magnesium as well as vitamin-k. Gernot Kalzer (2001).

Agathi leaves in butter milk helps to solve the female related problems to eat agathi leaves to maintain women health. The medicinal properties in leaves of agathis have the power to cure blind vision. Duke (1992)

Spinach has a high nutritional value and is extremely rich is antioxidant,

Spinach is a good source of folic acid, spinach along with other green leafy vegetables is considered to be rich in iron. Wang, Ca (1988).

Coriander is good in iron content which directly. Helps curing anemia. Yang, Ca (1988).

Curry leaves are useful in diarrhea, dysentery and piles. The bark of the tree is also useful in bilious vomiting the root of the curry plant also has medicinal properties. Michal, (1998).

Objective

1. To prepare the leafy vegetable idli powder using agathi keerai, paruppu keerai, spinach, coriander and curry leaves.
2. To estimate the nutrient content of the leafy vegetable idli powder.
3. To analysis the Organoleptic properties of the leafy vegetable idli powder.
4. To find the keeping quality of the leafy vegetable idli powder.
5. To make aware about the leafy vegetable idli powder which good to health.

Methodology

Designing a suitable methodology is very important for meaningful analysis of any problems. The methodology of the present study entitled "Nutrient analysis of Deydrated Leafy Vegetable Idli Powder for all Age Groups" is discussed under the following headings.

Selection of Raw Materials

The fresh sample of Bengal gram dhal, Black gram dhal, Agathi keerai, Parppu keerai, spinach, coriander, curry leaves, garlic, red chili, salt should be purchased and it was checked for any ring rot virus Prevalence the ingredients that is purchased for dehydrated leafy vegetable Idli Powder should be selected properly.

Table 1 Selection of the Component of Leafy Vegetable Idli Powder

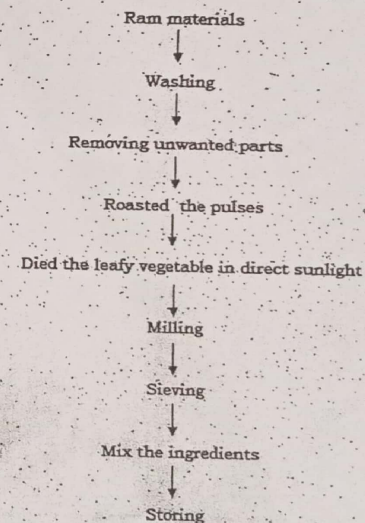
S.No	Food Group	Amount (g) 100g
1	Pulses	30
2	Leafy Vegetables	50
3	Spices & condiments	15
4	Other Ingredients	05

For dehydrated leafy vegetable idli powder the pulse based product should be purchased as fresh without any insect on infestation. The green leafy vegetables, species and condiments should be given as very fresh.

Table 2

S.No	Formula	Composition Per 100g	Total
1	Bengal gram dhal	15	30
2	Black gram dhal	15	
3	Agathi	10	50
4	Corriander	10	
5	Curry Leaves	10	
6	Spinach	10	
7	Paruppu keerai	10	
8	Red Chilly	5	15
9	Garlic	10	
10	Salt	5	05
	Total	100	100

Steps for The Preparation of Dehydrated Leafy Vegetable Idli Powder



Result and Discussion

The study pertaining to the preparation of "Leafy Vegetable Idli Powder" and Recipes prepared from leafy vegetable idli powder and nutritive value of the leafy vegetable idli powder and it consist of the following steps.

- Sensory Evaluation of the leafy vegetable idli powder.
- Evaluation of mean score for leafy vegetable idli powder.
- Keeping quality of the leafy vegetable Idli powder.
- Nutrient content of the leafy vegetable Idli powder.

Table 1 Sensory Evaluation of The Leafy Vegetable Idli Powder
Organoleptic Analysis of Leafy vegetable Idli Powder

S.No	Criteria	%
1	Appearance	95%
2	Texture	90%
3	Taste	87%
4	Flavor	88%
5	Color	89%
6	Overall Acceptability	90%

Table 2 Evaluation of Mean Score Card for Leafy Vegetable Idli Powder

S.No	Criteria	Mean \pm S.D	SEM
1	Appearance	4.75 \pm 0.43	0.096
2	Texture	4.5 \pm 0.45	0.100
3	Taste	4.32 \pm 0.47	0.105
4	Flavor	4.4 \pm 0.47	0.105
5	Color	4.45 \pm 0.48	0.107
6	Overall Acceptability	4.5 \pm 0.5	0.111

Table 3 Shelf Life of Leafy Vegetable Idli Powder

Days	Room Temperature	Refrigerator
1-15	No Change	No Change
5-10	No Change	No Change
10-15	No Change	No Change
15-20	No Change	No Change

Table 4 Nutrient content of the leafy vegetable Idli Powder for all age group per 100 GM

Leaf Vegetable Idli Powder for all age Group	Nutrient				
	Carbohydrate	Protein (gm)	Fiber (g)	Calcium (mg)	Vitamin (mg)
	26	11.3	2	0.17	0.65

Summary And Conclusion

1. The leafy vegetable idly powder scored maximum marks in appearance, taste, flavor, color. And texture and these characters were not changing during the study Period.
2. The recipe prepared from the leafy vegetable idly powder is also has scored good marks.
3. The acceptance levels of the recipe among all age group also were good.

Conclusion

The leafy vegetable idly powder is rich in nutrients in this powder is a good nutrients supplying and it is good all age groups. It has scored maximum marks and consumable for all age group. The acceptability of the product was well good.

Highlights of the Study

1. It highly nutrition's food. So it can be preferred highly for all age group.
2. The all age group can get more nutrients from this product.
3. This product is also preferred for preschool children.
4. It is also good for pregnant women and they can get more nutrients from the products.
5. The acceptance level of the product was good. For the future study it can be popularized highly in market for the benefit of all age groups.

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