

**CONSUMPTION PATTERN AND NUTRITIONAL
ANALYSIS OF THE
INDIGENOUS DARK GREEN LEAFY VEGETABLES**

BY

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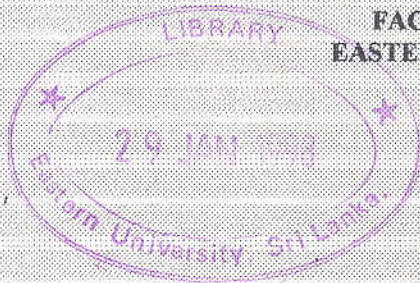
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ABSTRACT

This study was undertaken to assess the relationship between consumption pattern and methods of preparation of green leafy vegetables with socio-economic factors among village (Commathurai, Chenkalady, Vantharumulai and Sittandy) people. This study showed no clear differences in consumption pattern and preparation methods since most of the vegetables are available throughout the year except naththasuri, mudakkatan and musumusukka. There is a clear preferential pattern to some leafy vegetables which is not related to any of the variables. Some people with home gardens tend to produce their own leafy vegetable needs. There was a wide spread awareness of basic nutrition principles associated with preparation across the different categories of people sampled.

Fourteen indigenous dark green leafy vegetables that are consumed in local village were analysed for their proximate nutrient composition, minerals and ascorbic acid content. The crude protein, crude fat, crude fibre and ash content of the indigenous dark green leafy vegetables ranged from 4.2 ± 0.09 to 30.1 ± 0.22 %, 0.17 ± 0.01 to 8.2 ± 0.09 %, 13 ± 0.47 to 8.23 ± 0.28 % and 6.1 ± 0.33 to 22.87 ± 0.52 % (dry basis) respectively. Dark green leafy vegetables contained greater amounts of potassium, and sodium. The ascorbic acid content of the vegetables ranged from 10.63 ± 0.33 to 46.2 ± 0.45 mg/100g (wet basis), *Amaranthus paniculatus* contained the greatest amount.

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