



**COMPARATIVE NUTRITIONAL STUDY AND MINIMAL
PROCESSING OF DARK GREEN LEAFY VEGETABLES FOUND
IN BATTICALOA DISTRICT**

266

BY

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ABSTRACT

Dark green leafy vegetables (DGLV) are essential in a balanced diet and are vital for a healthy life. It was widely used by the local household of Batticaloa in the past, but it is becoming an under estimated crop due to several reasons.

This study dealt with the relation ship between consumption patterns and the method of minimal processing of dark green leafy vegetables. Ten indigenous varieties of DGLVs were analysed in ten villages in Batticaloa district. This study showed clear difference in consumption pattern. *Altenthera triandera* and *Moringa* were widely consumed in all ten villages. *Altenthera triandera* , *Dregea volubilis*, *Solanum trlobatum* and *Sesbania grandiflora* were available through out the year. The others were available only during rainy season.

There was a clear preferential pattern to some DGLV which was not related to any variables. There was a wide spread awareness of basic nutrition principles associated with preparation associated with various categories of people sampled.

All ten DGLVs that are consumed in the local villages were analysed the proximate nutrition composition, minerals and ascorbic acid content. The crude protein ranged from 3.9—29.8%, crude fat 0.16—9.6, crude fiber from 9.4-16.7 and ash content from 6.1-22.8. The Moisture content of the DGLVs range from 75.6 – 87.6, Ascorbic acid range from 10.7-46.2mg/100g (wet basis), Crude protein 4.3-30.1%, crude fat 0.18-8.2%, crude fiber 8.2 – 13.80%, ash 6.1-22.3%.

Minimal processing and shelf life of Pon and Mur were analysed with sensory evaluation. Pon was found to be suitable for minimal processing with no significant difference in nutritional and sensorial qualities.

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