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Nutritional Evaluation, Haematology of water and Amaranth Vegetable Leaves**Ibironke Samson Ishola***Department of Food Science and Technology, Obafemi Awolowo University, Ile-Ife, Nigeria*

Vegetables are important protective food and highly beneficial for the maintenance of human health and prevention of disease. The purpose of the research was to determine the Physico-chemical, nutritional evaluation, haematology of water and amaranth vegetable leaves. The composition of the Diets were as follows: Basal 50 %, Casein 30 %, Amaranth Vegetable 10 % (1), Basal 50 %, Casein 30 %, Water leave Vegetable 10 % (2), Basal 50 % Casein 30 % Amaranth Vegetable 5 % Water leave Vegetable 5 % (3), Basal 50 % Casein 30% (4) and Basal 100 % (Diet 5). The formulated Dietary were fed to fifty albino rats that were divided into five of ten in each group experimental animals. The results revealed that Bulky Density values was ranged from 0.46 g-1.436, Swelling Capacity was ranged from 24.95-34.76, Water Absorption Capacity was ranged from 1.202- 1.288 and Gelation Capacity was ranged from 12.58-14.45. Biological values were ranged from 59-63.86, NPU was ranged from 1.9-3.5, NPR was ranged from 1, 8-3.3, PRE was ranged from 1.6-2.8. Haematology study shows that white blood cell corpuscle (WBC-10³/UL) and Red cell corpuscle (RBC-6/UL) were respectively high and above the safe limit. In conclusion vegetable meals was a valuable food ingredients. It contains mineral, vitamin and fiber that could be used to improve animal and human health, also can be successfully utilized to build up, protect and repair tissue of the body, highly beneficial for the maintenance of human health and prevention of disease.

Keyword: Experimental animals, water and amaranth vegetable leaves.

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