



# **iJRASET**

International Journal For Research in  
Applied Science and Engineering Technology



---

# **INTERNATIONAL JOURNAL FOR RESEARCH**

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

---

**Volume: 4    Issue: VIII    Month of publication: August 2016**

**DOI:**

**[www.ijraset.com](http://www.ijraset.com)**

**Call:  08813907089**

**E-mail ID: [ijraset@gmail.com](mailto:ijraset@gmail.com)**

# **Dehydrated greens as natural fortificant for Combating Micronutrient Deficiencies**

Swati Vyas<sup>1</sup>, Deepika Mehta<sup>2</sup>

<sup>1</sup>Senior Asst Professor, <sup>2</sup>Research Scholar, Department of Home Science, The IIS University, Jaipur

*Abstract: Micronutrients are substances which are needed only in minuscule amounts. They are known as “magic wands” as they enable proper growth and development. These nutrients are needed by the body in minute amounts and play leading roles in the production of enzymes, hormones and other substances, helping to regulate growth activity, development and functioning of the immune and reproductive systems. Micronutrient deficiency is better known as hidden hunger, World Health Organization identified Iron, Vitamin A and Iodine as the “Big 3” that affect at least one-third of the world’s population. Various researches done on food products in fresh or processed form has showed significant results in combating micronutrient deficiencies. In India, various types of under-utilized foods are available for eg green leafy vegetables which are rich in micronutrients but are discarded or used as animal fodder due to unawareness and ignorance. Among the plant foods green leafy vegetables are the cheapest, locally available food rich in micronutrients. Propagation and promotion of the less utilized green leafy vegetables is thus essential. Besides this because of lack of nutrition education and their perishable nature, people are unaware of their rich composition. Green leafy vegetables can be processed and preserved both at commercial and house hold level by simple methods like blanching and dehydration thereby improving their shelf life and ensuring their daily consumption.*

*Keywords: Green leafy vegetables, Dehydration, Blanching micronutrient Deficiencies, food based approaches*

## **I. INTRODUCTION**

Micronutrients are those substances which are needed only in minuscule amounts. They are known as “magic wands” that are important for proper growth and development. **UNICEF (1998)** defined micronutrients as nutrients that are only needed by the body in minute amounts, which play leading roles in the production of enzymes, hormones and other substances, helping to regulate growth activity, development and functioning of the immune and reproductive systems. (**Ekweagwu, Agwu, & Madukwe, 2008**). Micronutrient deficiencies rank among the top twenty risk factors for morbidity and impaired quality of life worldwide, with particular burdens falling on populations in poor countries. The statistics of micronutrient deficiency is alarming. It is an ecological problem that occurs along with its consorts like poverty, disturbed family structure, ignorance, lack of awareness and knowledge in view of nutrition (**Ecker, Agwu, & Madukwe, 2010**). Numbers of individuals in the world suffering from clinical manifestation of micronutrient deficiency run into several millions. Moreover, these problems certainly overlap and interact; so many people must have multiple deficiencies (**Thu et al., 1999**). Multiple micronutrient deficiencies are more common than single deficiencies in developing countries and the cause for their high prevalence is low dietary intake by populations and poor net bioavailability of nutrients. According to a new World Bank report, micronutrient deficiency is costing poor countries up to three percent of their yearly gross domestic product and malnourished children are at risk of losing up to ten percent of their lifetime earning potential (**Karva, Bharati, & Chimmad, 2010**).

## **II. PREVALENCE OF MICRONUTRIENT DEFICIENCY**

Micronutrient deficiency is widespread in the industrialized nations. They affects approximately one third of the world’s population, even more so in the developing regions of the world. It is a silent massacre: every year some 11 million children – 6 million of them just five years old or younger – are dying from micronutrient deficiency (**Saradha & Rajeshwari, 2008**). Micronutrient deficiency is found to be a widespread problem in developing countries irrespective of topographical description. In developing countries, where poverty prevails, deep rooted traditions, taboos and false beliefs have imprisoned the people, the serious deficiency disorders of micronutrients and its impact is more acute and profound. In 1990, the World Health Organization (WHO), United Nations Children’s Fund (UNICEF), and the World Summit for Children endorsed the elimination of micronutrient deficiency in developing countries by the year 2000, specifically deficiencies of vitamin A and two trace elements – Iron and Iodine. Deficiencies of these micronutrients were estimated to affect the health, mental and physical function, and the survival of more than two billion people

## International Journal for Research in Applied Science & Engineering Technology (IJRASET)

worldwide.

### III. FOOD BASED APPROACHES WITH FOCUS ON GREEN LEAFY VEGETABLES

Food based approaches for improving nutrition have often been overlooked by governments, researches, donors and the health sector sought solutions with rapid start up times and quick, measurable results. However, experiences in a number of developing countries have shown that well-designed food based interventions – combined with appropriate use of supplements and supported by health and nutrition education – can improve the diets of vulnerable populations in a relatively short period of time. (**Food and Agriculture Organization, 2011a; Arimond et al., 2010; Fanzo, Cogill, & Mattei, 2012; MacDonald, Bennett, Potter, & Ramankutty, 2011**)

Various researches done on food products in fresh or processed form has showed significant results in combating micronutrient deficiencies without any side effects. One such product is Green Leafy Vegetables. Green leafy vegetables are considered to be the major contributors of vitamins and minerals in the diet. According to available official figures leafy vegetables are grown in about 0.11 million hectares of land in India and the production is about 0.73 million tones. Despite the fact that green leafy vegetables are a store house of many micronutrients, their consumption is far from satisfactory (**Yegammai & Unnithan, 1992**).

Green leafy vegetables are rich source of beta carotene, ascorbic acid, riboflavin, folic acid and minerals like calcium, iron and phosphorus. In nature, there are many under-utilized greens of promising nutritive value, which can nourish the ever increasing human population. Many of them are resilient, adaptive and tolerant to adverse climatic conditions. Although, they can be raised comparatively at lower management costs even on poor marginal lands, they have remained under-utilized due to lack of awareness and popularization of technologies for utilization (**Edeoga, Omosun, & Uche, 2006; Hassan & Umar, 2006; Ekkop, 2007**).. Besides this because of lack of nutrition education and their perishable nature, people are unaware of their rich composition. In a country like India, where most of the people are engulfed in poverty and can't afford the expensive food products and suffer from various deficiency diseases there is an immediate need to identify cheap and easily available source rich in iron, vitamin A and other micronutrients and green leafy vegetable can be one of them (**Joshi & Mehta, 2010**). Hence there increased consumption can play a role in control of anemia. Green leafy vegetables are offers a cheap but rich source of a number of micronutrients and other phytochemicals having antioxidant properties (**Tarwadi & Agte, 2003**).

**NNMB survey (2000)** also reported mean consumption of green leafy vegetables to be only 37 percent of Recommended Dietary Intake. Besides this, the Green leafy vegetables are highly seasonal and are available in plenty at a particular season of the year. Abundantly supply during the season results in spoilage of large quantities. Preservations of these green leafy vegetables can prevent huge wastage as well as make them available throughout the year. There are number of processing technique which can be utilized for improving the shelf life of green leafy vegetables.

### IV. PROCESSING TECHNOLOGY FOR GREEN LEAVES

Augmenting utilization and avoiding wastage calls for employing suitable preservation techniques that are user friendly and sustainable at the commercial and household level. Although there are number of techniques by which we can improve the nutritive quality, reduce the content of inhibitors like oxalate, phytate and shelf life of green leafy vegetables and ensure their consumption on daily basis. Preservation techniques can prevent huge wastage as well as make them available in the lean season at remunerative prices. Vegetables can be therefore processed and preserved by simple traditional inexpensive methods like blanching and dehydration (**Mepba, Eboh, & Banigbo, 2007; Joshi & Mehta, 2010**).

**BLANCHING** stops all life processes, inactivates enzymes, fixes green color and removes certain harsh flavors common in green leafy vegetables (**Mepba, Eboh, & Banigbo, 2007**). **DEHYDRATION** is one of the simplest method of preserving the green leafy vegetables. In dehydration, the moisture content of the food is reduced and the growth of microorganisms in the dried food is retarded. Removal of moisture from green leafy vegetables is the key to enhance their shelf life and dehydration works on the same principle (**Gupta, Sehgal, Singh & Singh, 2012**)

Blanching of green leaves help in reducing the anti nutrient content of leaves and dehydration makes green leafy vegetables equivalent to legumes in their nutrient content (**Joshi & Mehta, 2010**). Dehydration also makes them a concentrated source of vitamins and minerals and thus they become a very suitable "NATURAL FORTIFICANT". In addition to increasing variety in the menu and reducing wastage, dehydrated vegetables are simple to use and have a longer shelf life than fresh vegetables. The dried leaf powder can then be incorporated in various recipes in acceptable proportion (**Joshi & Mehta, 2010**). In this way we can ensure the consumption of micronutrient rich green leafy vegetables on daily basis.

## International Journal for Research in Applied Science & Engineering Technology (IJRASET)

Hence food can be used as a major tool to overcome micronutrient deficiency, especially of Iron and Vitamin A. By focusing on the use of less utilized, inexpensive green leafy vegetables as well as other fruits and vegetables and by application of different processing technologies which are easily available we can combat micronutrient deficiencies.

### REFERENCES

- [1] UNICEF. (1998). The state of the World's Children, Focus on Nutrition. Oxford University Press
- [2] Ekweagwu, E., Agwu, A. E., & Madukwe, E. (2008). The role of micronutrients in child health: A review of the Literature. *African Journal of Biotechnology*, 7 (21), 3804-3810.
- [3] Ecker, O., Weinberger, K., & Qaim, M. (2010). Patterns and determinants of dietary micronutrient deficiencies in rural areas of East Africa. *The African Journal of Agricultural and Resource Economics*, 4 (2), 175-193
- [4] Thu, B. D., Schultink, W., Dillon, D., Gross, R., Leswara, N. D., & Khoi, H. H. (1999). Effect of daily and weekly micronutrient supplementation on micronutrient deficiencies and growth in young Vietnamese children. *American Journal of Clinical Nutrition*, 69(1), 80-86.
- [5] Karva, S., Bharati, P., & Chimmad, B. (2010). Post harvest processing of green leafy vegetables for iron security. *Karnataka Journal of Agricultural Science*, 23 (2), 306-310.
- [6] Saradha, V. R., & Rajeswari, K. (2008). Effect of supplementation of Quail's egg on selected malnourished preschoolers. *The Indian Journal of Nutrition and Dietetics*, 45, 84-88
- [7] Food and Agriculture Organization. (2011a). Combating micronutrient deficiencies: food-based approaches. Food and Agriculture Organization of the United Nations and CABI International, Rome, Italy.
- [8] Arimond, M., Wiesmann, D., Becquey, E., Carriquiry, A., Daniels, M., Deitchler, M., Fanou-Fogny, N., Joseph, M., Kennedy, G., Martin-Prevel, Y. & Torheim, L. E. (2010) Simple food group diversity indicators predict micronutrient adequacy of women's diets in 5 diverse, resource-poor settings. *Journal of Nutrition*, 140 (11), 2059-2069.
- [9] Fanzo, J., Cogill, B. & Mattei, F. (2012). Metrics of sustainable diets and food systems. Technical Brief - Madrid Roundtable. Bioversity International and Daniel and Nina Carasso Foundation, Rome, Italy
- [10] Yegammai, C., & Unnithan, A. G. (1992). Nutritional profile of the selected fisherfolk families in Thikunnapuzha village of Alleppy district Kerala. *The Indian Journal of Nutrition and Dietetics*, 29 (6), 186-192.
- [11] Edeoga, H. O., Omosun, G., & Uche, L. C. (2006). Chemical composition of *Hyptis suaveolens* and *Ocimum gratissimum* hybrids from Nigeria. *African Journal of Biotechnology*, 5 (10), 892-895.
- [12] Hassan, L. G., & Umar, K. J. (2006). Nutritional value of Balsam apple (*Momordica balsamina* L.) leaves. *Pakistan Journal of Nutrition*, 5 (6), 522-529.
- [13] Ekop, A. S. (2007). Determination of chemical composition of *Gnetum Africana* (AFANG) seeds. *Pakistan Journal of Nutrition*, 6 (1), 40-43.
- [14] Tarwadi, K., & Agte, V. (2003). Potential of commonly consumed green leafy vegetables for their antioxidant capacity and its linkage with the micronutrient profile. *International Journal of Food Sciences and Nutrition*, 54 (6), 417-425.
- [15] National Nutrition Monitoring Bureau. (2003). Prevalence of micronutrient deficiencies Report no. 22. Hyderabad, India: National Institute of Nutrition, Indian Council of Medical Research.
- [16] Mepba, H. D., Eboh, L., & Banigbo, D. E. B. (2007). Effects of processing treatments on the nutritive composition and consumer acceptance of some Nigerian edible leafy vegetables. *African Journal of Food Agriculture, Nutrition and Development*, 7 (1), 1-18.
- [17] Micronutrient Forum, (2007). Consequences and Control of Micronutrient Deficiencies: Science, Programs and policies –defining the issues. Istanbul, Turkey. Retrieved from <http://www.micronutrientforum.org/newsRelease.pdf>
- [18] Joshi, P., & Mathur, B. (2010). Bioavailability of iron from the leaf powders of dehydrated less utilized green leafy vegetables. *Asian Journal of Experimental Biology and Sciences*, 1 (14), 845-854.
- [19] Gupta, M. K., Sehgal, V. K., Singh, A.W., & Singh, R. K. (2012). Effect of process parameters and storage length on quality of dried cauliflower during storage. *Indian Journal of Traditional Knowledge*, 11 (1), 177-184.



10.22214/IJRASET



45.98



IMPACT FACTOR:  
7.129



IMPACT FACTOR:  
7.429



# INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Call : 08813907089  (24\*7 Support on Whatsapp)