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Nutritive Value of *Amaranthus Viridis* in Human Diet

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Abstract: Green leafy vegetable consumption has been associated fulfilment of daily requirement of nutrients with a decreased risk of persistent metabolic diseases. In the present work nutritional potential of leafy vegetable *Amaranthus viridis* from market were assessed. The carbohydrate content were high in *Amaranthus viridis* (12%) as compare to protein and iron. This vegetable was found nutritionally adequate.

Keywords : *Amaranthus viridis*, Protein, Carbohydrate, Iron.

I. INTRODUCTION

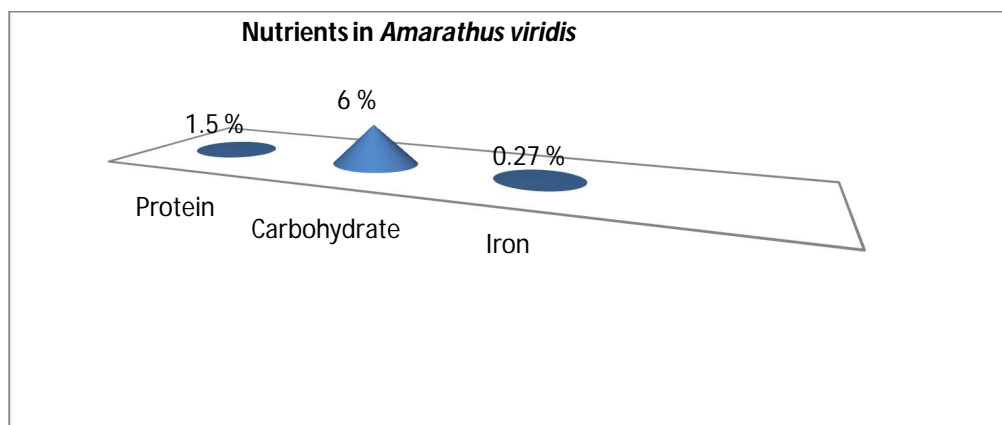
Nutrition includes everything that happens to food from the time it is eaten until it is used for various function in the body. Food is prerequisite of nutrition which can be absorbed by the body to be used as an energy source, building, regulating material. Nutrients are component of food that are components of food that are needed by the body in adequate amounts in order to grow and lead a normal healthy life. Nutrients include water, protein, fat, carbohydrate, minerals and vitamins. Vegetables are indispensable part of human diet. They are important protective foods highly beneficial for the maintenance of good health and prevention of diseases [1]. Phytochemicals found in vegetables are responsible for this protective effect. Phytochemicals are natural bio-active non-nutrient substances found in plants [2]. Phytochemicals give plants natural defense against diseases and they perform a similar function for humans [4]. The level of consumption of green leafy vegetables in the diet of people is low. This often leads to prevalence of micronutrient deficiency diseases. Lack of information on the specific nutrients in a large number of locally consumed vegetables is partly responsible for their under exploitation and utilization in areas beyond their traditional locality. Some vegetables have medicinal properties and can be used for the sick and convalescences [2]. *Amaranthus viridis* is a edible wild vegetable belongs to family Amaranthaceae. In present study the nutrient composition of *Amaranthus viridis* has been reported.

II. MATERIALS AND METHODS

A. *Amaranthus viridis*

were collected from market of Dombivli during monsoon. The leaves were washed to remove soil debris and dust, dried in hot air oven at 60°C. Dried leaf material was powdered in a grinder and then stored in air tight containers, protected from moisture and light, for further use. Analysis of nutrients was carried out using standard methods [3].

III. RESULT AND DISCUSSION



Amount of nutrients present in *Amaranthus viridis*

After performing actual estimation of protein, carbohydrate and iron of selected vegetable, I got the values. The percentage obtained of nutrients content varies because of certain factors like environment in which plant is grown in the quality of soil and proper tending of the plant for its healthy growth. This vegetable has got different amount of protein, carbohydrate and iron. *Amaranthus viridis* is rainy season vegetable and easily available. Protein content of the vegetable is 1.5 % , carbohydrate content 6 % , iron content 0.27 % .

IV. CONCLUSION

From the values obtained the amount present in this vegetable ; if cooked properly then it can fulfil daily requirement of protein, carbohydrate, iron in our food.

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