

PDF - CHEMICAL COMPOSITION OF SOME LESSER-KNOWN WILD FRUITS AND VEGETABLES CONSUMED IN AYAMELUM LOCAL GOVERNMENT AREA OF ANAMBRA STATE - researchcub.info BSTRACT

The study identified some edible fresh wild green leafy vegetables and fruits and determined their nutrients, antinutrients and food toxicants content. The proximate, micronutrients, antinutrients and food toxicants contents of these fruits (*Olax viridis* ("Osenga"), *Gongronema* species ("Aado"), *Ficus carpensis* ("Akankolo"), *Napoleona/imperialis* ("Ukpodikili"), *Afromonum* species) ("Okwocha") and vegetables *Vitex doniana* ("Uchkulu") and *Ficus carpensis*) were determined using standard methods. The moisture content of the fruits ranged from 59.83 to 75.40% in *Olax viridis* ("Osenga") and *Gongronema* species, ("Aado") respectively. *Olax viridis* ("Osenga") fruits had high levels of protein (6.52%), ash (12.52%), and fibre (13.58%). *Ficus carpensis* ("Akankolo") fruit contained appreciable quantities of ascorbate (36.0mg). *Gongronema* species fruit is rich in iron (23.50mg), phosphorus (44.66mg), copper (14.06mg) and zinc (12.43mg). The fruits equally contained high levels of phytate (12.60-108mg) in *Gongronema* species ("Aado") and *Olax viridis* ("Osenga").

Afromonum species ("Okwocha") had high oxalate (127.22mg). Tannins and saponins levels of the fruits were low (0.05-0.12mg and 0.02-0.30mg), respectively. *Ficus carpensis* ("Akankolo") leaf had high moisture (60.44%) and low protein (2.18%), fat (3.42%), ash (10.5%), fibre (8.91%). *Vitex doniana* ("Uchakulu") had less than 50% carbohydrate (35.74%) and high fibre (11.45%). *Vitex doniana* ("Uchakulu") leaf contained appreciable amounts of β -carotene (67.83mg), and *Ficus carpensis* ("Akankolo") leaf had lower B-carotene (27.94mg) relative to that of *Vitex doniana* ("uchakulu") .07.83mg. The ascorbate level (67.83mg) was high in *Vitex doniana*. *Vitex doniana* leaf had appreciable quantities of phosphorus (28.63mg) and high oxalate level (128.56mg). Saponins (0.02mg) and tannins (0.12mg) were low in the two vegetables. The edible lesser-known wild fruits and vegetables can contribute much more nutrients especially micro nutrients to the diet of families in Ayamelum Local Government Area of Anambra State. The antinutrients phytate, oxalate, tannin and saponin levels of the fruits and vegetables were at safe levels. Increased consumption of these foods is advocated.

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