

NUTRITIONAL QUALITY OF DIFFERENT NUTS AS REVEALED BY ITS BIOCHEMICAL ANALYSIS

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ABSTRACT

In nature, various types of plant are available. These nuts are important for living things. The nuts containing organic and inorganic matter are present organic matter contains lipid, carbohydrates, vitamin C, protein, fats etc. Similar to plant foods, nuts provide a range of nutrients, including large quantities of healthy monounsaturated and polyunsaturated fats and moderate amounts of protein. The inorganic matter contains inorganic elements such as sodium, potassium, calcium, etc. These elements are major nutrients. Micronutrients such as magnesium, zinc, manganese, copper, iron etc. are essential nutrients for living organisms. Nuts are also a good source of dietary fiber and provide a wide range of essential nutrients, including several B group vitamins (including folate), vitamin E, minerals such as calcium, iron, zinc, potassium and magnesium, antioxidant minerals (selenium, manganese and copper), plus other photochemical such as antioxidant compounds (flavonoids and resveratrol) and plant sterols. These elements are analyzed by various analytical techniques such as UV visible spectrophotometer, flame photometry and atomic absorptions spectrophotometers. Nuts are important part of human diet. They are commercially important and nutritionally indispensable food commodity. Man has kept these commodities in his diet to provide variety, taste, interest, aesthetic appeal and to meet certain nutritional requirements. Nuts are edible products of the perennial higher plants with high water content, sweet, sour. Also, because of their exotic flavor and taste, considerable attention is paid in different parts of the world.

KEYWORDS: *Nuts Nutritional Quality, Organic & Inorganic Matter in Nuts, Biochemical and Biophysical, Antimicrobial Property*