A CASE STUDY

Determination of macro and micro nutrients and nutritional profile of vegetables

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Vegetables included in daily schedule of diet *viz.,* sweet pepper, cauliflower, carrot, cabbage, lettuce, spinach, tomato, potato, reddish, and bottle gourd are good for human health. Vegetables intake is beneficial for obese as they furnish fat to a lesser extent. The determination of nutrient analysis (total protein, fat, carbohydrate, ash, energy value and moisture content) of vegetables is important to plan the diet for various therapeutic purposes. Macro nutrients *viz.,* calcium (Ca), magnesium (Mg), potassium (K), sodium (Na), and phosphorus (P) and micro nutrients *viz.,* iron (Fe), zinc (Zn), manganese (Mn), copper (Cu), nickel (Ni) and selenium (Se) elements have importance for the several purposes like formation of blood, bones and teeth even other tissues, osmoregulation of body fluids, control of physico-chemical process etc. This paper elaborates the various methods used to determine the nutrient profile and mineral analysis of vegetables in detail.

Key words : Vegetables, Human health, Nutrient profile, Minerals