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NUTRIENT COMPOSITION OF TWO MOST COMMONLY CONSUMED TRADITIONAL DISHES IN AFIKPO NORTH LOCAL GOVERNMENT AREA OF EBONYI STATE, NIGERIA

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This study evaluated the nutrient composition of the most commonly consumed dish among aged women in Ibii and Amasiri of Afikpo North local government area of Ebonyi state, Nigeria. Focus group discussion was used to identify and collect recipes of the most commonly consumed traditional dishes in the two communities. Triplicate samples of the dishes were analysed for proximate composition, micronutrients and phytate using standard procedures. *Ohe sarara*, which is a traditional white soup of Ibii people contained 7.35 ± 0.002 , $2.752 \text{g} \pm 0.002$, $1.724 \text{g} \pm 0.002$, $0.835 \text{g} \pm 0.001$ and $5.122 \text{g} \pm 0.005$ of crude protein, ash, crude fat, crude fibre and carbohydrate respectively. *Ekpang-nkwukwo* (water yam dish) contained $5.695 \text{g} \pm 0.002$ (crude protein), $65.45 \text{g} \pm 0.002$ (moisture) $1.353 \text{g} \pm 0.002$ (ash), $0.763 \text{g} \pm 0.002$ (crude fats), $0.662 \text{g} \pm 0.001$ (crude fibre) and $26.073 \text{g} \pm 0.007$ (carbohydrate). The micronutrient composition of the two dishes showed that *ohe sarara* contained 2.233 ± 0.002 vitamin A, 1.534 ± 0.002 Iron and 0.443 ± 0.001 Zinc while *Ekpang-nkwukwo* contained 3.943 ± 0.002 vitamin A, 1.533 ± 0.002 Iron and 1.487 ± 0.002 Zinc. The phytate-zinc molar ratio of the two dishes was less than 5 (0.857 for *ohe sarara* and 0.130 for *Ekpang-nkwukwo*) showing that the dishes had good zinc bioavailability.

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