

BIOFORTIFICATION OF OGI MADE FROM SELECTED GRAINS

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Food fortification is the process of increasing the nutritional value of plant foods. In this study, fermented products from maize, millet and sorghum were fortified with soy bean and ginger. The samples were assessed for nutritional improvement using standard protocol. There were marked increase in the amount of ash, protein and crude fibre content but a decrease in carbohydrate content in all the fortified cereal samples. The ash, protein, crude fibre and carbohydrate content of the fortified samples were as follows: maize (% dry weight, 9.46 ± 0.93 , 42.10 ± 0.57 , 4.95 ± 0.14 and 36.01 ± 0.04 respectively; millet (% dry weight, 8.95 ± 5.16 , 42.00 ± 0.28 , 5.67 ± 0.11 and 16.00 ± 0.46 respectively and sorghum (% dry weight, 28.98 ± 5.16 , 42.00 ± 0.28 , 5.65 ± 0.11 and 16.00 ± 0.16 respectively. Fortification of cereal with soybean and ginger increases the protein, ash and fibre content in the cereal. Consequently, the carbohydrate and fat were reduced in the fortified samples.

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