



Book of Abstracts of the 1st Congress on Food Structure Design

Fundação Dr. António Cupertino de Miranda, Porto, Portugal

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Study of the mineral composition of different Nigerian yam flours

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Abstract

Yam is a root crop essential for the lives of hundreds of millions of people in many African, Asian and South American countries. Yam roots are in fact used to produce a variety of food items, including yam flour.

The flours are consumed mainly as a source of carbohydrate; however, they also supply several minerals which are essential for good state of health.

In this study we report about a systematic investigation on the mineral composition of several Nigerian yam flours. More than 40 flours samples purchased from local market vendors and/or producers were analysed by ICP-OES spectrometry; the concentration of minerals (i.e. potassium, sodium, iron, etc.) was determined.

Results showed variance in the mineral profile across different sources of the flour. This research also highlighted the nutritional potential of yam flours and allowed possible regional variations in the flour compositions to be monitored.

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