Loss of iron and zinc in the soaking water of black beans and rajado: Comparison of results based on the table TACO

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The analysis of the data table TACO (NEPA / UNICAMP, 2006), an instrument routinely used by nutritionists in food planning, verified losses of iron and zinc to black and pinto beans, very high, when they are subjected to the maceration and water from this process is discarded. The calculations performed on the basis of data contained in the table indicate a loss of 76.92% and 75.86% iron, zinc for black bean, 24.73% and 65.38% iron and zinc, for pinto beans. These losses are considered extremely high, motivated this research aimed to verify the accuracy of same. Were prepared in parallel, water 14 for each type of soaking beans using the ratio of a part of the beans to two parts of distilled water, and a rest period of 12 hours. The content of iron and zinc, in water of maceration or soaking was done by employing the method of atomic absorption spectrophotometry, after they were digested with nitric acid. For the black bean analyzes indicated a loss of iron (0.30 ± 0.05) mg/100g, and a loss of zinc (0.29 ± 0.02) mg/100g, and pinto bean a loss of (0.16 ± 0.04) mg/100g, for iron, and (0.35 ± 0.04) mg/100g zinc. The loss of iron in the steepwater was for black bean 95.38% less than that calculated from the data table TACO, loss of zinc and 90% lower. Pinto beans to the loss of iron and zinc were 91.4% and 86.54% lower.