CHEMICAL CHARACTERIZATION AND MINERALS ANALYSIS OF NATIVE MURICI (Byrsonima verbascifolia) FROM ARAIOSES, MARANHÃO, BRAZIL.

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Exotical fruits consumption is increasing on the domestic and international markets due to growing recognition of its nutritional and therapeutic value. Brazil has great biodiversity and high importance in the fruits market; however, data on the composition of brazilian exotic fruits is scarce, that the disadvantages their inclusion in diets. Thus, the aim of this research was to evaluate proximate composition, vitamin C (ascorbic acid and dehydroascorbic acid) and minerals contents of native murici (Byrsonima verbascifolia) from Araioses, Maranhão, Brazil. Official methods of analysis were used for moisture, ash, proteins, carbohydrates and lipids. Vitamin C was performed by HPLC and minerals by plasma atomic emission spectroscopy (ICP). The murici presented high content of moisture (74.35 g 100 g⁻¹), ascorbic acid (35.42 mg 100 g⁻¹) and dehydroascorbic acid (21.99 mg 100 g⁻¹). The presence of protein (0.74 g 100 g⁻¹), ash (0.94 g 100 g⁻¹), lipids (1.44 g 100 g⁻¹), carbohydrates (22.45 g 100 g⁻¹). The mineral profile showed that the murici is a good source of potassium (338.58 mg 100 g⁻¹), copper (200 µg 100g⁻¹) and magnesium (35.91 mg 100 g⁻¹), but there are low concentrations of phosphorus (7.69 mg 100 g⁻¹), calcium (76.95 mg 100 g⁻¹), zinc (1.46 mg 100 g⁻¹), iron (380 µg 100g⁻¹) and manganese (200 µg 100g⁻¹). Selenium was not detected. Consumption of murici (100 g) contributed significantly to supply the daily requirements of vitamin C (57.4%), copper (22.2%) and magnesium (13.8%). Therefore, the consumption of murici is suggested as an assistant to the human health.