VITAMINS AND MINERAL CONTENT IN FRUITS AND VEGETABLES: A COMPARATIVE STUDY


To prepare menus as well as labels of industrialized food products, it is necessary to know the nutritive potential of each food, which is provided by food composition tables. In this work, the undergraduate used six of the main Brazilian food composition tables and created tables that organized and grouped information about vitamins and minerals of 23 vegetables and 9 fruits consumed in Brazil. The method for creating these tables used an Excel spreadsheet data that made it possible to classify these vegetables as source or rich in specific nutrients. The results of this work complemented the data listed in the tables used as referential by professionals from areas related to Food Science and Technology and Health. Important differences among: nutrients content published in these tables; the type of nutrients covered for each vegetable variety; the diversity of the vegetables researched, were observed. Among the results observed, for example, that avocado and spinach are sources of B complex vitamins; okra and jaca are sources of magnesium. In conclusion, the authors believe that the product of this work consists in an important document of teaching, easy to read and understand, which enables to simplify to undergraduates, as well as to professionals from the mentioned areas, the everyday practice to elaborate diets, menus and charts about nutritional information that must appear on industrialized food labels, for the security of the consumer.