COMPOSITION OF HUMAN DIET: A MIX OF GRAINS AND CEREALS

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A mix of grains and cereals, called popularly like human diet, has been diffused and widely consumed among people, due to its high content of beneficial nutrients to health. This study aimed to analyze the human diet composition of three different brands and compare them to a standard in order to identify a quality control related to them. The samples A, B and C were bought at local market and the standard sample was made at laboratory at the moment to analyze. Their composition was performed by analysis of moisture at 105 degrees, ash by 550 degrees, protein by microKjeldahl, fats by Bligh & Dyer and total carbohydrate by Phenol-Sulfuric methods. Sample A got 8.66% of moisture, 3.98% of ash, 11.73% of fats, 23.3% of protein and 42.76% of carbohydrates. Sample B had 8.9% of moisture, 3.78% of ash, 14% of lipids, 27% of protein and 45% of carbohydrates. Sample C had 9.78% of moisture, 6.83% of ash, 12.1% of lipids, 13.25% of protein and 57.2% of carbohydrates. Finally, the standard sample obtained 8.8% of moisture, 4.02% of ash, 19.2% of lipids, 24.1% of protein and 41% of carbohydrates. The results showed that the samples found at market are in accordance with standard sample, and the sample B has more calories.