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Assessment of Nutritional Composition of Ajwa Paste

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ABSTRACT

The present study provides concrete information about the nutritional composition of the Ajwa paste locally sale in market for different healing slogans. It has been experimentally proven that Ajwa is of prime importance than the rest of the Palm date varieties .The nutritional value of Ajwa paste is 27.24 %(moisture), 2.10% (ash), 1.20% (fat), 14.70% (fiber), 8.54% (protein), 53.78% (carbohydrate). It is good source of instant energy, aid in digestion and low in fat content. High moisture content leads to osmotic regulatory of body. Ajwa paste has a good nutritional profile that provides energy and it is prepared by natural sources.

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Introduction

Ajwa dates are high in nutritional composition then the rest of the palm dates varieties. Both flesh and pits are rich in bioactive compounds that promote human health and lead to eradicate and treat different diseases. Ajwa paste contains both flesh and pit of Ajwa dates along with other ingredients. Both flesh and pit are highly nutritive. Dates (phoenix Dactylifera) also play a protective role against many diseases includes; diabetes, obesity, cardiovascular diseases [1,2]. Specifically Ajwa helps to prevent many diseases. Ajwa paste also comforts and hardening the gums during teething and facilitates the process Tooth enamel is definitely the tough external surface coating of the teeth which acts to safeguard from dental carries. Ajwa paste is composed of Ajwa dates, Ajwa Seeds, Saffron, Nigella Sativa and Honey, and these all are natural. Ajwa Khajoor paste is also recommended for those patients who have been advised bypass surgery or angioplasty. Dates have a high content of sugar (71.2–81.6%) and low concentrations of protein (1.72–4.73%) and lipids (0.12–0.72%). The predominant mineral is potassium, and the predominant sugars are glucose and fructose. The aim of study is to check nutritional composition of Ajwa paste [3,4].

Material and methods

Whole research work was conducted in the Pakistan Council of Scientific and Industrial Research Complex.

Sample Collection

Ajwa paste was purchased from local market of Lahore, Pakistan.

Proximate analysis

Proximate analysis was a prime method to calculate each type of nutrient present in Ajwa paste.

Proximate analysis of Ajwa paste was carried out by AVOC to determine moisture, ash, protein, fat, fiber and carbohydrate content. The sample was analyzed by the procedure of. All the determinations were carried out in triplicate [5].

Results and discussions

Proximate analysis of Ajwa paste was carried out by determining moisture, ash, protein, fat, fiber and carbohydrate content. The sample was analyzed by the procedure of. All the determinations were carried out in triplicate [5].

The following results were obtained.

Table 1: Nutritional Value of Ajwa Paste

Sr#	Estimation	%age
1	Moisture Estimation	27.24 %
2	Ash Estimation	2.10 %
3	Fat Estimation	1.20 %
4	Fiber Estimation	14.70 %
5	Protein Estimation	8.54 %
6	Carbohydrates Estimation	53.78 %

The nutritional value of Ajwa paste that was purchased from local market is 27.24% (moisture), 2.10% (ash), 1.20% (fat), 14.70% (fiber), 8.54% (protein), 53.78% (carbohydrate). All results are shown in (table 1) then represented by a graph (fig 2) with the help of MS Excel. And it is clearly shown that Ajwa paste is rich in carbohydrates and moisture rather than fibre and protein, although fibre content is absolutely in good proportion. Fat is in minute amount that clarify it do not support to obesity and increase in cholesterol. Moisture content makes it more helpful to improve digestion and leads to balance osmotic regulatory of body. Its carbohydrates proportion is higher so that very reason

it is an instant source of energy. Ajwa paste contains both flesh and pit of Ajwa dates along with other ingredients. Both flesh and pit are highly nutritive.

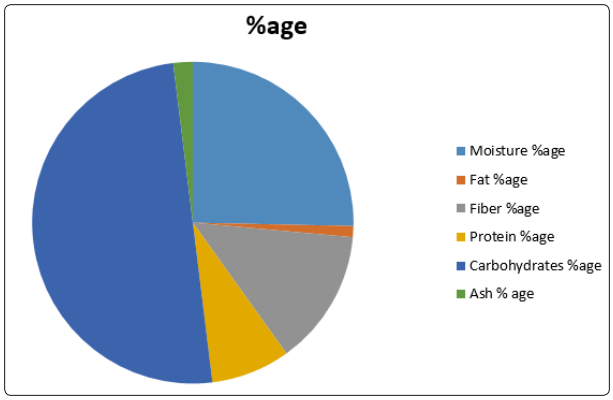

Figure 1: Graphical Representation of Nutional Value of Ajwa Paste

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