



STUDY ON THE MINERAL CONTENT OF SOME BERRIES

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Abstract: The aim of this paper is to present a review on the mineral content of some berries (blueberries, raspberries and strawberries). In this study we used as information resources databases such as USDA and scientific papers. Berries, in addition to having an average low calorie content: 36 kcal/100g (strawberries); 51 kcal/100 g (raspberries) and 64 kcal/100 g (blueberries), are also rich in antioxidants, fiber, vitamins (B, C and K) and minerals that contribute to heart health, protection against certain diseases and improved digestion. Strawberries has the greatest average content of calcium (17 mg/100g) and potassium (161 mg/100g). Blueberries have registered the lowest content of minerals.

• Introduction

The aim of this paper is to present a review on the mineral content of some berries (blueberries, raspberries and strawberries). Berries, in addition to having an average low calorie content: 36 kcal/100g (strawberries); 51 kcal/100 g (raspberries) and 64 kcal/100 g (blueberries), are also rich in antioxidants, fiber, vitamins (B, C and K) and minerals that contribute to heart health, protection against certain diseases and improved digestion.

There are numerous studies that have demonstrated the chemopreventive properties of raspberries and strawberries in cancer.

• Material and method

In this study we used as information resources databases such as USDA and scientific papers..

• Results and discussions

Regarding minerals content, raspberries registered the maximum average values of following parameters: ash (0.35 g/100g); iron (0.45 mg/100 g); magnesium (19.2 mg/100g); phosphorus (27 mg/100g); zinc (0.22 mg/100g); copper (0.053 mg/100g); manganese (0.494 mg/100g).

Strawberries has the greatest average content of calcium (17 mg/100g) and potassium (161 mg/100g). Blueberries have registered the lowest content of minerals.

• Conclusions

In conclusion, among the three fruits taken in our study, the information resources reveals that raspberries have the greatest minerals content.