

DEVELOPMENT OF IRON RICH FLOUR USING GARDEN CRESS SEEDS

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ABSTRACT

Iron deficiency is the most common cause of anemia at world level, but other causes like acute and chronic inflammation, parasitic infections, nutritional deficiencies (including vitamin A, folate, vitamin B12 and) and inherited or acquired disorders that affect red blood cell formation, hemoglobin synthesis, or red blood cell survival can all cause anemia. The dietary intervention approach is an effective method to combat iron deficiency anemia. Garden cress belongs to Brassicaceae family. The seeds are an excellent source of iron, 100gm of seeds provide 100 mg of iron. Garden cress seed is an important medicinal crop in India. It is used to cure for asthma, dysentery, bleeding piles, menstrual disorders. The garden cress seeds *are known as important medicinal* plant, since Vedic era. Medicine and nutritional importance of garden cress seed is the most important aspect of this study. Studies were conducted on incorporation of garden cress seed powder (*Lepidium sativum*) in mathri. These used garden cress seed as 10, 20 and 30% level to prepare garden cress seed flour. On the basis of overall organoleptic acceptability, the mean score of developed mathri were 7.3, 6.3 and 5.75 respectively on the 0 days, 30 days and 60 days.

KEYWORDS: Garden Cress Seeds, Iron, Sensory Evaluation