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Conventional processing method for lowering non-nutrient components of edible legumes

Abstract:

Legumes are considered as a rich source of nutrients and offer various health benefits. However, legume nutritional quality is hampered by the presence of an appreciable amount of non-nutrient components. These include -galactosides, phytic acid, enzyme inhibitors, lathyrrogens, lectins, biogenic amines, saponins and tannins which limit the availability of nutrients in the foods thereby affecting metabolism and potentially cause negative health effects. Conventional processing methods including dehulling, soaking, boiling, cooking, sprouting and fermentation can effectively reduce these non-nutrients. Furthermore, these processing methods must be optimized for maximum performance, non-nutrient minimization using response surface methodology has been highlighted. Optimally prepared food products ensure meeting the consumer demand of improved, healthy, and more nutritious and safe foods. Such modeling-based optimization approach will be helpful to define best practices at the small-scale production alike.

Biography

Dr. Anand Sharma is an Assistant Professor in the Department of Botany at Asansol Girls' College, affiliated with Kazi Nazul University. With a strong academic background and research expertise in plant biology, Dr. Sharma is dedicated to fostering botanical knowledge among students. His areas of interest include plant physiology, ecology, and conservation. Dr. Sharma actively contributes to scholarly research and plays a pivotal role in academic initiatives at the college.