

## **Development and Mineral Profile Analysis of Fruit, Vegetable and Wild Herb Based Juices to Be Consumed in Elderly Centres in Durban, South Africa**

**Authors :** Mkhize Xolile, Davies Theophilus

**Abstract :** The purpose of the study was to develop a variety of fruit, vegetable and indigenous wild herb (amaranth) based juices, which can increase mineral consumption (of Ca, Fe, K, Mg, Zn). Ten samples of juice varieties were developed. The concentration range for the standards was between 10 and 150 ppm. Standards and samples were analysed using Perkin Elmer Atomic Absorption Spectrophotometer and the AAnalyst 400 model was used. The indigenous herb based juice was the most nutritious than all the other varieties developed. Mg and Fe could contribute significantly in improving cardio vascular health, bone functionality and immunity of elderly.

**Keywords :** minerals, elderly, juice, hypertension, intervention

**Conference Title :** ICFSN 2014 : International Conference on Food Science and Nutrition

**Conference Location :** Paris, France

**Conference Dates :** August 28-29, 2014