

## Approximation of Selenium Content in Watermelons for Use as a Food Supplement

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**Abstract :** Watermelons are fruits that belong to the family cucurbitaceous. There are many types of watermelons have been positively identified to exist in the world. A watermelon consists of four distinct parts namely; seeds, pink flesh, white flesh and peel. It also contains high content of water of approximately 90% that is rich in essential minerals such as, phosphorous, calcium, magnesium, and potassium, sodium trace amounts of copper, iron, zinc and selenium. Watermelons have substantial amounts of boron, iodine, chromium, silicon and molybdenum. The levels of nutrients in different parts of the watermelons may be different. Selenium has been found to be a very useful food supplement especially for people living with HIV/AIDS. An experimental study was carried out to estimate the amount Se in different parts of the watermelon. Analysis of sampled watermelons was conducted using atomic absorption spectrophotometer. The results of the study indicated that high content of Se was present in the seeds compared to the other parts. High content of Se was also found in the water contained in the watermelon seeds.

**Keywords :** food supplement, watermelons, HIV/AIDS, nutrition, fruits

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