

NUTRITIONAL IMPORTANCE OF GROUNDNUT

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Groundnut or peanut (*Arachis hypogea* L.) is an energy compressed food belong to the family Fabaceae. Nutrition is the quantity and quality of food that deliver energy to every individual breathing on the earth. Nutrition is essential base of human life their health and development across the entire life span. Groundnut is most consumed oil seeds all over the world. It is known as “king of edible oils”. Peanuts are enriched with health promoting nutrients contains fat, proteins, carbohydrate, vitamins and minerals that are essential to human health. Peanut is very effective against the obesity, heart diseases, diabetes, cholesterol and hypertension etc. This article disclosed a summary of nutritionally importance of peanut and it point out the helpfulness as an essential component in human balanced diet.

NUTRITIONAL COMPOSITION OF GROUNDNUT OR PEANUT.

1) Proteins content in Peanuts

Every cell in the human body contains proteins. The living things need proteins in daily food to restoration of cells and make new ones. It is also important for growth and development of human and animals. Proteins are made up of amino acids. It is called micronutrient also. All amino acids must essential to enhancement normal and active growth of an individual. There are 20 amino acids from which 11 are non-essential and synthesized in the body by various chemical reactions. The remaining 9 amino acid are need to be consumed by induvial, because these are not synthesis in body.

It is commonly known that proteins are provided by the meat, chicken, shellfish, egg, turkey breast, dairy foods and legumes. The vegetarian source of proteins are legumes like peanuts, soyabeans, chickpeas and lentils have prominent quantity of proteins.

Many countries have the problem of malnutrition which often deaths of human. In such cases it should be prevented by providing the proteins rich balance diet. Peanuts contain all the essential amino acids necessary for normal body growth and metabolism. Human body needs an “average requirement” of 0.66 g of protein per kg of ideal body weight, and a “safe level” of 0.86 g/kg of body weight is best. Peanut contain proteins 23.68 g in 100 g peanut.

2) Carbohydrates content in Peanuts

Carbohydrates are the main source of energy for the human body. It is a type of micronutrients found in certain foods and drinks. When foods containing carbohydrates consumed, the body breakdowns it into simple sugars, which are used by bloodstreams.

Roasted peanuts contain 21.51 g of carbohydrates per 100 g. The major carbohydrate present in peanuts is starch. When starch undergoes enzymatic reaction in the body by the action of amylase present in human saliva, it makes maltose and isomaltose. Later these two disaccharides are converted to glucose and liberate energy.

In India, the staple foods are typically starch containing foods like rice and potatoes. These foods mitigate the hunger problems but it may not deliver the vital nutrients needs for proper proportion. Addition of little more amount of groundnut in regular diet can boost up the nutrition value of a meal. Carbohydrates play a key role in supplementing valuable nutrition to the human body.

3) Lipids content in Peanuts

Lipids are the class of organic compounds that are soluble in organic solvent and insoluble in water. It includes fats, oil, hormones and waxes. They are used in the production of cell membranes and hormones as well for maintaining vision and supporting the immune system. These lipids provide structure and support for the walls of every cell in the body. Groundnut contain 49.66 g lipid (fat) in 100 g. Hence peanuts can serve as a healthy source of nutrition.

4) Vitamins content in Peanuts

Vitamins are a group of substances that are required for normal cell function, growth and development of an individual. There are 13 essential vitamins. These vitamins are required for the body to work properly. They are not synthesized in the body but it needs to be supplied to the body to maintain normal health and metabolism.

Peanuts are a vital source of vitamin E which maintain healthy skin, eyes and improve immune system of the body. About 6.93 mg vitamin E in 100 g peanut found.

It is a good source of Thiamine (B1). Its deficiency leads to beri-beri, a disease cause problem in the cardiovascular and central nervous system. Peanuts contain 0.653 mg of thiamine in 100 g of groundnut.

Riboflavin (vitamin B2) helps in body growth, helps in the release of energy and promotes production of red blood cells in human body.

Another important vitamin which is supplemented in the body by the intake of peanuts is vitamin B3 (known as Niacin) to an extent of 13.525 mg. This vitamin plays an important role in the normal functioning of the nervous system. It converts carbohydrates into glucose, metabolizing fats and proteins.

5) Minerals content in Peanuts

Minerals are those elements on the earth and in foods that human body want to grow and function normally. The essential for health include calcium, phosphorus, magnesium, potassium, iron and copper etc.

Calcium is the most abundant mineral in the body. Most of calcium stored in bones and teeth. It is used for making them hardness. It plays important role in the normal functioning of the visual cycle and in the mechanism of

blood coagulation. It also related with normal muscle physiology, serving in contraction and relaxation of muscles. Peanut containing 54 mg in 100 g of peanut.

Phosphorous is only mineral that required for formation of bones and teeth along with calcium. Phosphorous helps to produce protein for the growth, maintenance and repair of cells, and tissues. With 358 mg of phosphorous, peanuts are a good source of phosphorous providing about 50% of our daily need.

Magnesium is crucial mineral for the human body for several useful functions. Magnesium is needed to proper functioning of muscle and nerve functions and a healthy immune system. Magnesium promotes normal blood pressure. Keeps bones strong and helps to regulate blood sugar levels. Peanuts are a good source of magnesium containing 176 mg in 100 g peanut.

Potassium plays an important role in the brain and nerve functions and for muscle development and is essential for synthesizing proteins and metabolizing carbohydrates. Peanuts contain 658 mg of potassium are a good source of this vital mineral.

Iron is one of the vital mineral for human body. The body use iron for formation of hemoglobin. It is a protein found in red blood cells that carries oxygen from lungs to all part of the body. Peanuts contain 2.26 mg of iron. It is an important for making some hormones in the body.

Copper plays a key role in the production of proteins in our body such as collagen and hemoglobin, which trans- port oxygen. A serving of one 100 gram of roasted peanuts provides 0.671 mg and thus peanuts are an excellent source of copper providing over 70% of our daily needs.



CONCLUSION

Peanuts are an excellent and reasonable source of nutrition, supplementing vital nutrients to the human body such as proteins, carbohydrates, lipids, vitamins and minerals. A diet including peanuts should provide all essential nutrients and play a critical role in preventing disease and promoting good health.