کاربرد اسپیرولونا به عنوان مکمل غذایی روی در غنی سازی نان سنگک ایرانی

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خلاصه:

ناتج: به‌طور عمومی در غذای مصرف کننده اسپیرولونا از دسته‌بندی‌های غذایی، ارزش در برابر مقدار اصلی کربوهیدرات و سایر ماده‌های غذایی وجود دارد. در نتایج مطالعه، اسپیرولونا به عنوان یک کمک‌نما برای بهبود کیفیت غذایی مصرف کننده و بهبود سلامتی انسان تاثیر بخش که در جلوگیری از بروز بیماری‌های قلبی و عروقی می‌تواند ایفا نمود.

کلمات کلیدی: اسپیرولونا، غذایی، غنی‌سازی، سنگک، مکمل غذایی
Application of Spirulina algae as a food supplementation in the zinc fortification of bread

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Abstract:

Background: Zinc is the second only to iron among trace elements in the human body. Approximately 48% of the people worldwide suffer from the zinc deficiency disorders, such as hypogonadism, hypospermia, growth retardation, immune deficiencies. Routinely, the use of food supplementation in daily regiments is common. Use of sea foods as one of the richest source of supplementaries, persuade us to exploit it.

Materials and Methods: Academic scientific databases (e.g. Scopus and Elsevier) were researched.

Results: A green single-cell algae "Spirulina" is one of these sources. Nowadays this algae has its top position among other microalgae for the production and consumption by man. In addition, Spirulina has 8 essential amino acids and various vitamins (e.g. A,E,C,B1,B2,B6,B12,biotin) and minerals such as Fe, Ca, Mg, Zn. Furthermore this sea source has essential fatty acids such as Omega 6 and Omega 9. Presence of these compounds in Spirulina algae is its unique characteristic comparing to other supplements. Furthermore, this algae has various therapeutic benefits such as amplifying an immunity system, excretion of heavy metals, aiding the food digestion, ulcer repair, improving vision.

Conclusion: According to the food pyramid among the cereal products, we choose bread for this fortifying purpose. This bread was prepared in two colors. We inspected and examined this product under laboratorial assessment which proved our hypotheses.

Keywords: Spirulina algae, Fortification, Bread, Nutritional value, Food pyramid