Levels of crude proteins and some inorganic elements in selected green vegetables of Dar es Salaam

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Abstract

Eight green vegetables commonly grown in Dar es Salaam were analyzed for their contents of crude proteins, 4 macro minerals (Mg, K, Ca and Na) and 7 heavy metals (Pb, Cd, Zn, Cu, Mn, Cr and Fe). The values of crude proteins ranged between 1.03-5.23% on fresh weight. These vegetables were found to be rich in macro minerals. The levels of Pb and Cd in some vegetables were above the permissible limits recommended by FAO/WHO. Overall data have, however, indicated that consumption of these vegetables is unlikely to pose any health hazard to the consumer, as these vegetables are good sources of some other essential elements.

Keywords

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