

SYMPOSIUM ON PLANT POLYPHENOLS: NUTRITION, HEALTH AND INNOVATIONS

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Abstract Submission Form

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II. Abstract

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Title

Consumption of Spices and Polyphenols compounds in Minangkabau Food in West Sumatera, Indonesia

Objectives This study was done to investigate poliphenols compounds in Minangkabau food and consumption of spices of the people

Research Methodology This was a cross sectional study conducted in 437 respondents from 2 cities (urban) and 2 municipalities (rural) in West Sumatera, Indonesia. Data of spices consumption was assessed by interviewing the subjects using semi quantitative Food Frequency Questionnaire (FFQ). Polyphenol compound of 34 Minangkabau foods were estimated by first freeze dried of 100 grams of each food. Further analysis was done by using High Performance Liquid Chromatography (HPLC). Quercetin was used as the reference standard for flavonoid compound.

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Major Research Findings

This study found that the average consumption of spices was 39 grams per day. Spices included in this study were fresh ground onions, garlic, turmeric, ginger and gallanga. The average consumption per day of ginger, turmeric and gallanga were 3.69 grams, 2.33 grams and 3.89 grams respectively. No significant difference was found in the consumption of spices between urban and rural subjects. Flavonoid content in each food were quercetin equivalent per 100 grams food. This study showed the range of flavonoid compounds in 100 grams of each food were between 27.91 mg to 215.09 mg. Cassava leaves and coconut milk dish was the highest flavonoid contain among all food studied in this study.

Conclusions and Recommendations (if applicable)

This study shows that Minangkabau food are good sources of flavonoid. Consumption of spices of the people were also higher compared to other studies (Sharma et al, 2001; Tapsell LC et al, 2006).

Acknowledgement (if applicable)

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