CONCLUSION

6. CONCLUSION

It may be concluded that :

I. 1- Fruits :

- Guava, organge and lime are rich in vit. C, copper and calcium
- Apricot is rich in vit. C and β- carotene.
- Dry date fruit is rich in some vitamins (vit. B_6, B_{12} and folic acid) and mineral iron.

2- Vegetables :

- Carrot is rich in some vitamins (vit. B_6, B_{12}, β- carotene) and some minerals (potassium, calcium, iron, zinc and copper).
- Garden- rocket is rich in vit. A and some minerals (potassium, phosphorus, calcium, iron, sodium and copper).

3- Oil seeds :

- Peanut and sesame are rich in some vitamins (vit. B_6, B_{12} and folic acid) and some minerals (phosphorus, zinc and copper).

4- Legumes :

- Lupine, lentil and fenugreek are rich in some vitamins (vit. B_1, B_2, B_6, B_{12} , folic acid and β- carotene) and some minerals (potassium, phosphorus, calcium, iron and zinc).

5- Dry yeast :

Dry yeast is rich in vit. B complex and some minerals (potassium , phosphorus, iron and zinc).

II. 1- The mixture consisted of lentil, defatted peanut and dry yeast used to compensate the deficiency of vitamins B_1, B_2, B_6, B_{12} and folic acid.

2- The mixtures consisted of dry dates, defatted peanut, defatted sesame, lentil, termis, fenugreek and dry yeast used to compensate the deficiency of minerals calcium and phosphorus.

3- The mixtures consisted of dry dates, guava, orange, lentil, fenugreek and dry yeast used to compensate the deficiency of vitamins B_{12}, folic acid and mineral iron.

4- The mixtures consitied of crrots, lentil, defatted peanut, dry dates and lime used to compensate the deficiency of vitamin B_6.

5- The mixtures consisted of apricot, carrots and garden- rocket used to compensate the deficiency of vitamin A.

6- The mixtures consisted of guava, orange and apricot used to compensate the deficiency of vitamin C.