Nutritional Evaluation Of The Foods Donated By "Khadem Al-Haramin Al-Sharifain" To Pilgrims During Hajj

(1) Haifaa H. Hijazi; (2) Yousria A. M. El-Arnaoty and (3) Eman M. Salem

(1) Food Science and Nutrition Dept., College of Education for Home Economics, Mekkah.
(2) Food Science and Nutrition Dept., College of Home Economics, Helwan University.

In Hajj, Khadem Al- Haramin Al-Sharifain donates millions of food packages, snack-type foods and cooked meals (rice with chicken) along with sweetened fruit drink, milk and mineral water. The food packages contain cream or processed cheese, few types of salted snacks and many types of sweet food items as biscuits, cookies, pastries, cakes and dates. In this study all food items were chemically analyzed to evaluate their nutritional value as well as their appropriateness for the occasion. Carbohydrates, fats and proteins were determined and energy values were calculated. Vitamin C, β-carotene, sodium, potassium and magnesium were determined. The average energy value for snack-type foods ranged from 1960.05-1986.73 calories; while averages for carbohydrates and proteins ranged from 305.14-305.74g and 37.82-38.12g respectively. Fat content ranged from 73.92-77.35 g according to the types of pastries and cheeses included in the packages. For the cooked meal averages for energy, carbohydrates, proteins and fats were 846.55, 124.16, 41.60 and 21.07g respectively. The cooked meal provide enough
calories and protein; while snack-type foods provide high amounts of carbohydrates, fats and calories which are suitable for supporting activities associated with Hajj, but providing low amount of protein. Sweet snacks increase sugar intake which has adverse effects on diabetic pilgrims and induce thirst. Therefore; it's suggested that sweet snacks should be replaced by slightly salted, low fat, whole grain biscuits. Also it's recommended to replace cream cheese with low fat hard cheese. It is advised that sautéed vegetables are to be added to the cooked meals as well as fresh or unsweetened canned fruits to all food packages.