ABSTRACT
There are a limited number of studies available on the nutritional value of calcium content of fruits and vegetables commonly available and consumed in Haryana. An investigation was thus made into the calcium content of sixteen such fruits and vegetables. The samples were first digested to remove organic constituents, the calcium was then analyzed using Atomic Absorption Spectrophotometry. The results indicated that amaranth (cholai), lotus stem, raisins, spinach and curry leaves contained high calcium content. The vegetables were by far richer in calcium content when compared to fruits. Increased consumption of local fruits and vegetables with high calcium would be useful in improving the daily calcium intake.