# LIST OF TABLES

<table>
<thead>
<tr>
<th>Table No.</th>
<th>Title</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Method of cooking.</td>
<td>7</td>
</tr>
<tr>
<td>2.</td>
<td>Reported changes in protein, thiamine and riboflavin on processing.</td>
<td>18</td>
</tr>
<tr>
<td>3.</td>
<td>Parameters and method used for chemical analysis.</td>
<td>34</td>
</tr>
<tr>
<td>4.</td>
<td>Rice preparations fed to the experimental animals.</td>
<td>36</td>
</tr>
<tr>
<td>5.</td>
<td>Wheat products fed to the experimental animals.</td>
<td>37</td>
</tr>
<tr>
<td>6.</td>
<td>Dried phulka with varying level of fat fed to experimental animals.</td>
<td>39</td>
</tr>
<tr>
<td>7.</td>
<td>Diet composition of rats fed on a wheat based diet containing 30% oil supplemented with bengalgram.</td>
<td>40</td>
</tr>
<tr>
<td>8.</td>
<td>Diet composition of rats fed on a purified diet containing 30% fat.</td>
<td>41</td>
</tr>
<tr>
<td>9.</td>
<td>Composition of wheat based diet containing 30% fat fortified with aminoacids and vitamins fed to the experimental animal.</td>
<td>42</td>
</tr>
<tr>
<td>10.</td>
<td>Rice; bengalgram mixture fed to the rats.</td>
<td>43</td>
</tr>
<tr>
<td>11.</td>
<td>Physical and biochemical parameters and method used in animal experiments.</td>
<td>45</td>
</tr>
<tr>
<td>12.</td>
<td>Water used, time and temperature maintained during the processing of rice products.</td>
<td>50</td>
</tr>
<tr>
<td>13.</td>
<td>Moisture, protein and fat content of processed rice products.</td>
<td>52</td>
</tr>
</tbody>
</table>
14. Thiamine and riboflavin content of processed rice products.
15. Iron, calcium and phosphorus content of processed rice products.
16. Nutritive value of food per 100 gm of rice products.
17. Nutritive value of food per serving/piece of rice products.
18. Diet and nutrient intake of rats fed rice products.
22. Liver moisture, thiamine and riboflavin content of rats fed rice products.
23. Water used, time, temperature and measurements maintained for the preparation of wheat products.
24. Moisture, protein and fat content of processed wheat products.
25. Thiamine and riboflavin content of processed wheat products.
27. Nutritive value of freshly prepared wheat 100 gm of wheat products.
28. Nutritive value of processed wheat products per one serving/piece.
29. Diet and nutrient intake of rats fed wheat products.
30. Weight gain PER and FER of the rats fed wheat products.
31. Haemoglobin, protein and cholesterol values of rats fed wheat products.
32. Liver weight, protein and total lipid levels of rats fed wheat products.
33. Liver thiamine and riboflavin of rats fed wheat products.
34. Diet and nutrient intake of rats fed phulka with varying levels of fat.
35. Weight gain and per of rats fed dried phulka with different levels of oil.
36. Plasma protein and cholesterol values of rats fed wheat phulka with different levels of oil.
37. Liver weight, protein, fat and cholesterol values of rats fed varying levels of fat.
38. Liver store of thiamine and riboflavin in rats fed wheat phulka with varying levels of fat.
39. Liver FAD and FMN levels of rats fed varying levels of fat.
40. Liver GSH, GST and catalase activity in rats fed varying levels of fat.
41. Composition of diet fed in experiment iv.
42. Clinical observation of rats fed wheat and wheat bengalgram diet containing 30% fat.
43. Composition of purified diet fed in experiment v.
44. Dietary intake, protein intake, fat intake and fortified nutrient intake of rats fed wheat diet containing 30% groundnut oil.

45. Clinical observation records during the pair fed study.

46. Time taken and temperature maintained during the deep fat frying of vada, corn flakes and rice flakes.

47. Moisture, protein and fat content of deep fat fried vada, corn flakes and rice flakes.

48. Thiamine and riboflavin content of deep fat fried vada, corn flakes and rice flakes.

49. Iron, calcium and phosphorus content of deep fat fried vada, corn flakes and rice flakes.

50. Nutritive value of food per 100 g of fried product.

51. Nutritive value of food per serving for fried product.

52. Water used, time and temperature maintained at cooking techniques used in preparation of the products from cereals and pulses mixture.

53. Moisture, protein and fat content of processed cereal: pulse mixture.

54. Thiamine and riboflavin content of the products prepared from cereal: pulse mixture.

55. Iron, calcium and phosphorus content of products prepared from cereal and pulse mixture.

56. Nutritive value of food products prepared from cereal pulse mixture per 100 g.

57. Nutritive value of food products prepared from cereal pulse mixture per serving.

58. Diet and nutrient intake of rats fed rice: blackgram
59. Weight gain, PER and PER of rats fed rice: blackgram product.

60. Haemoglobin, protein and cholesterol values of rats fed rice: blackgram product.

61. Liver weight, protein and total lipid levels of rats fed rice: blackgram product.

62. Liver thiamine and riboflavin levels of rats fed rice: blackgram product.

63. Change in weight of 100 g raw legumes during soaking, germination and conventional and microwave cooking.

64. Protein and fat content of processed greengram.

65. Protein and fat content of processed mothbean.

66. Protein and fat content of processed bengalgram.

67. Protein and fat content of processed cowpea.

68. Protein and fat content of processed pea.

69. Protein and fat content of processed field bean.

70. Percent change in fat on processing of legumes.

71. Ascorbic acid, thiamine and riboflavin content of processed greengram.

72. Ascorbic acid, thiamine and riboflavin content of processed mothbean.

73. Ascorbic acid, thiamine and riboflavin content of processed bengalgram.

74. Ascorbic acid, thiamine and riboflavin content of processed cowpeas.
75. Ascorbic acid, thiamine and riboflavin content of processed peas.
76. Ascorbic acid, thiamine and riboflavin content of processed field bean.
77. Percent change in vitamin 'c' content on processing of legumes.
78. Percent change in the thiamine content on the processing of legumes.
79. Percent change in the riboflavin content on the processing of legumes.
80. Iron, calcium and phosphorus content of processed greengram.
81. Iron, calcium and phosphorus content of processed mothbean.
82. Iron, calcium and phosphorus content of processed bengalgram.
83. Iron, calcium and phosphorus content of processed cowpea.
84. Iron, calcium and phosphorus content of processed peas.
85. Iron, calcium and phosphorus content of processed field bean.
86. Nutritive value of legumes per 100 g of cooked product.
87. Nutritive value of legumes per serving of cooked products.