Abstract

Fresh green salads are a popular food which consumed daily by different age stages of rich and poor people for their low price . In spite of the cheep price of these salads ; they had high nutritive value for thier contain of high concentration vitamin A; vitamin C; iron ; calcium ; phosphorus and zinc .

So ; this investigation was designed to find out the most nutritive different salad samples.Moreover;find out the quantity of different salads which covered the daily requirements of vitamin A; vitamin C; iron ; calcium ; phosphorus and zinc for different age stages .

It can be concluded from the obtained data that the best fresh salad samples which more or less covered the daily requirements of vitamin A;vitamin C;iron ; calcium ; phosphorus and zinc for all age stages in case that these salads were the only source of such components in daily diet can be arranged in the following descending order :

First sample :contain tomatoes (18.18%) , cucumber (13.64 %) , red pepper (13.64 %) ; green mint (2%) ;garden rocket (13.64 %) ; parsley (13.64 %) ; green onion (13.64%) ; dried shamy bread(5.45 %) ; olive oil (2.73 %) ; black olives (2.27%) ; black pepper (0.09 %) ; lemon juice (0.45 %) ; salt (sodium chloride) 0.45 % and 0.18 % vinegar

Second sample : contain tomatoes (20 %) ; red pepper (10%) ; parsley (15%) garlic(1.5%) ; green onion (15%) ; olive oil (5%) ; lemon juice (1.3 %) ; boiled chick pea (32 %) and salt(sodium chloride) 0.2 %

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