ISSN:

Print - 2277 - 0593 Online - 2315 - 7461 © **FUNAAB 2011** Journal of Natural Sciences, Engineering and Technology

VARIETAL CHARACTERIZATION OF THE PHYSICAL PROPERTIES, PROXIMATE AND MINERAL COMPOSITION OF IMPROVED SESAME (Sesamun indicum) SEEDS

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ABSTRACT

The study was conducted to characterize the physical properties, proximate and mineral composition of improved sesame varieties. Fourteen improved varieties of sesame seeds were analyzed for their physical properties, proximate and mineral composition following standard analytical procedures. The arithmetic mean diameter (AMD), sphericity, geometric mean diameter (GMD), aspect ratio and surface area were in the range 1.51-1.91 mm, 0.57-0.64 mm, 1.32-1.70 mm, 61.50-75.00%, and 84-8.94 mm², respectively. Ca, Fe, Mg and K contents were also in the range 5.4-20.2 mg/kg, 0.5-3.0 mg/kg, 1.5-7.4 mg/kg, and 2.9-12.9 mg/kg, respectively. There was significant varietal differences (P<0.05) in the physical properties, proximate and mineral composition of the improved sesame seeds. The improved sesame varieties were characterized into three groups with distinct physical properties, proximate and mineral composition while cluster 2 comprises varieties with relatively low proximate and mineral composition while cluster 2 comprises varieties with higher amounts of these nutrients. The variety in cluster 3 was characterized with exceptionally low content of minerals. The diversity obtained in the physical properties and proximate composition of the improved sesame seeds from this study underscores the huge potentials of the improved sesame seeds in food and non food use.

Keywords: Sesame, variety, proximate, mineral, physical, properties, cluster.

INTRODUCTION

Sesame (Sesamun indicum L) is a flowering plant in the genus 'sesamin'. It is one of the most important oilseed crops worldwide, and has been cultivated in Korea since ancient times for use as a traditional health food (Nzikou, 2009). India, Sudan, China and Burma are considered to be the major producers of sesame (Abou-Gharbia et al.,

2000). It is cultivated in some parts of Benue, Plateau, Kwara, and Niger states of Nigeria. Sesame is an excellent source of high quality oil and protein (Kahyaglu & Kaya, 2006). Its oil is odourless and close in quality to olive oil. It is used widely as cooking oil and as a raw material in the manufacture of inks, paints, margarine and pharmaceuticals.

Sesame oil is excellent edible oil that has high preservative qualities (Abou-Gharbia et al., 1997). It prevents rancidity, even though the seeds are prone to rancidity, the oil is resistant to oxidation and this is because of the natural preservative within the oil called sesamol (Yoshida & Takaqi, 1999). Sesame seed protein is a cheap source of protein that is rich in methionine and tryptophan (Lu et al., 2010). Sesame protein isolates or sesame meal is used with other ingredients in the manufacture of bread and biscuit. Partial replacement of milk protein with sesame protein isolate has been reported to enhance the overall textural characteristics of fresh cheese (Lu et al., 2010). Kim et al. (2009) reported that black sesame seed methanol extract possess 2,2´-diphenyl-1pycryl-hydrazil (DPPH) and 2,2 -azino-bis [3-ethylbenzthiazoline-6-sulphonic acidl (ABTS) radical scavenging activities and induced colon cancer cell apoptosis.

Sesame oil extraction is done traditionally by pounding the seeds in a mortar and pouring water into it. This causes the oil to float to the surface from where it can be removed by skimming. The method is slow and laborious and results in low oil yield. There is therefore the need to develop equipment that will remove the drudgery involved in oil processing and also optimize oil yield. Kachru *et al.* (1994) observed that for proper design of equipment for handling, conveying, separation, dehulling, drying and mechanical expression of oil, some of the physical properties of the oil seeds have to be known.

There are numerous high yielding and drought tolerant improved sesame varieties and cultivars adaptable to various agroecological conditions. However, the cultivation of improved sesame varieties has been

reported to be limited due to insufficient genetic information, grain qualities and nutritional composition (Nzikou et al, 2009). Two studies that used morphological characters to group genotypes into clusters (Patil & Sheriff, 1994; Ganesh & Thangavelu, 1995) found a wide genetic diversity in Indian sesame cultivars. There is limited scientific information on the varietal characterization of the physical properties, proximate and mineral composition of improved sesame seeds. This information is needed to allow plant breeder to develop improved cultivars by selecting from existing populations within specific geographic regions (Souza & Sorrels, 1991). Also, in order to provide useful scientific information that will enhance the adoption of improved sesame varieties for various end uses, knowledge of the physical properties and nutrient composition of the seeds are important. The improved sesame varieties selected for this study are high yielding, early maturing and drought resistance. They have also been found to be suitable for diverse agro-ecological conditions (Olowe, 2004 and 2007). The objective of this study was to characterize different improved sesame varieties based on their physical properties, proximate and mineral composition.

MATERIALS AND METHODS

Source of Improved sesame seeds

Fourteen improved varieties of sesame seeds were used for this study. The seeds were obtained from National Centre for Genetic Resources and Biotechnology (NACGRAB), Moor Plantation, Ibadan, Oyo State, Nigeria.

Experimental Procedures Physical properties of sesame seeds

1000 Seed weight: One thousand seeds were randomly selected and the weight was measured using an electronic balance (Metler

AE240S; Metler-Toledo, Greifensee, Switzerland) of 0.001g accuracy.

three major linear dimensions, namely (1) and (2), respectively (Mohsenin, 1978). length (L, mm), width (W, mm) and thick-

ness (T, mm), were carried out with a micrometer screw gauge to an accuracy of 0.001 mm. The arithmetic mean diameter (De) and the geometric mean diameter (Dg) Linear Dimensions: Measurements of the of the seeds were calculated using equations

$$De = \frac{L+W+T}{3}$$

$$Dg = LWT^{1/3}$$

Aspect ratio ((R_a)): This was obtained using the following relationship (Maduako & Faborode, 1990):

$$\%R_a = \left(\frac{w}{L}\right) \times 100$$

Sphericity (Φ): This was obtained using the formula given by Jain and Bal (1997) as follows:

$$\Phi = \frac{(LWT)^{4/5}}{L} \times 100$$

Surface area: The Surface area (S, mm²) of seeds was calculated using equation (5) (Jain & Bal, 1997):

$$S = \pi(Dg^2)$$

Volume: Seed volume was calculated using equation (6) (Jain & Bal, 1997):

$$V = \frac{wT^{1/2}L^2}{6(2L - wT^{1/2})}$$

Determination of proximate and mineral composition

Moisture, crude protein, fat, crude fibre and total ash contents were determined by the method of AOAC (1990). Carbohydrate was calculated by difference. Mineral content was determined following the procedures of AOAC (1990) method. Calcium, magnesium and iron were determined with atomic absorption spectrophotometer (AAS Model 403). Potassium was determined by flame photometry.

Statistical Analysis

All data were subjected to one-way Analysis of Variance (ANOVA) and means separated with Duncan's Multiple Range Test (DMRT) and Pearson's correlation matrix using SPSS Statistics version 17.0, SPSS Inc., US. Hierarchical clustering was performed to classify the varieties based on all the measured properties using Squared Euclidean Distance as the measure of dissimilarity.

RESULTS AND DISCUSSION

Physical properties of improved varieties of sesame seeds

Table 1 presents the physical properties of improved sesame seeds. The result showed that there were significant varietal differences (P<0.05) in all the measured physical properties. Variety NG/SA/07/095 had the highest value of 1000 seed weight (3.12 g) and YANDEF 55, had the lowest (1.09 g). The length of YANDEF 55 was the lowest (2.26 mm) while that of NCRI BEN 01M was the highest (3.01 mm). The breadth ranged from 1.55 to 1.86 mm, with KANO 05 having the least value and NG/ SA/07/095 having the highest value. The thickness also ranged between 0.65 and 0.97 mm. Similar results were reported for black cumin seeds (Al-Mahasneh et al., 2007) millet and local varieties of sesame seeds (Baryeh, 2002; Tunde-Akintunde & Akintunde, 2007).

Sesame seed can be cleaned based on properties of the desirable seed and contaminants. According to Sahay (1998), vibration screens separate products on the basis of differences in size of various constituents whereas air screen cleaners separate material on the basis of difference in size and weight. If any of these principles are to be applied in equipment design; one of the important factors that must be considered, based on the findings from this study, is variety of sesame seed. Handling losses during cleaning are affected by size and shape of sesame seed. If the hole is too big, this may result in uncleaned seeds while too small a hole may lead to lesser efficiency. For optimum performance of the cleaner, the sizes of perforations have to be carefully selected and this can be enhanced by the knowledge of the physical dimensions of the seeds.

The arithmetic mean diameter (AMD) and geometric mean diameter (GMD) which are dependent on the length, breadth and thickness were in the range 1.51-1.91 mm and 1.32-1.70 mm, respectively. The values were lower than that of millet and sorghum (Baryeh, 2002; Simonyan et al, 2007). The AMD and GMD can be used to determine the average diameter of sesame seeds, which is useful in determining the aperture size of sieve holes. The degree of sphericity which is indicative of the seed shapes towards a sphere, ranged between 0.57 and 0.65 which is similar to values obtained by Tunde-Akintunde & Akintunde 2004; 2007) for traditional varieties of sesame as well as that of sunflower seeds but it is lower than that of millet grains (0.78 – 0.83) and soybean seeds which was 0.81 - 0.82 (Deshpade et al.,

1993). Hence, the shape of sesame seeds (round at bottom and tappers at top) is similar to that of sunflower seeds (Gupta & Das 1997) while that of millet and soybean seeds are more spherical (Deshpade *et al.*, 1993; Baryeh, 2002).

The aspect ratio which relates the seed width to length ranged between 61.50 and 75.00%. The high aspect ratio obtained for most of the improved sesame seeds is indicative that the seeds will rather roll than slide on flat surfaces. Surface area (SA) which is very important in the determination of heat and mass transfer ranged from 5.84 - 8.94 mm² with KANO 05 having the

least and NG/SA/07/052 having the highest. The values obtained were in close agreement with the result obtained by Tunde-Akintunde & Akintunde (2007) for local varieties of sesame seeds. This implied that the improved sesame varieties studied would not pose much problem in designing machines for processing as their dimensions are not considerably different from the existing traditional varieties.

Table 1: Physical properties of improved sesame variety seeds

Variety	1000	Length	Breadth	Thick-	Aspect	Arithmetic	Geometric	Degre	Surface	Volume
	seed	(mm)	(mm)	ness	Ratio	Mean Di-	Mean Di-	of	Area	(mm ₃)
	weight			(mm)	(%)	ameter	ameter	Spheric-	(mm ²)	
	(b)					(mm)	(mm)	ity		
NCRI BEN 01M	2.68f	3.01f	1.84d	0.88cde	61.50^{a}	1.91e	1.709	0.57ab	9.059	1.64f
NGB/04/026	1.92d	2.56bc	1.68b	0.79bc	65.87apc	1.67bc	1.50cde	0.59abc	7.08cde	1.15 ^{cd}
NCRI BEN 03L	1.57b	2.40ab	1.70b	0.76♭	71.06cde	1.62b	1.45cd	0.61bcde	6.65bcd	1.07bc
NG/SA/07/179	1.93e	2.51bc	1.55^{a}	0.76♭	61.81a	1.60b	1.43bc	0.57ab	6043bc	0.99abc
NG/SA/07/090	3.09m	2.79de	1.72bc	0.92de	62.07a	1.81d	1.64fg	0.59abc	8.46 ^{fg}	1.51efg
NG/SA/07/095	3.12n	2.94ef	1.86d	0.91de	63.63ab	1.91e	1.719	0.59abc	9.179	1.69f
NG/SA/07/106	3.05	2.71cd	1.83cd	0.97e	68.02abcd	1.84de	1.689	0.63de	8.90	1.67f
NG/SA/07/052	2.96k	2.86def	1.78bcd	0.95de	62.45^{a}	1.86de	1.699	0.59abc	8.949	1.63f
NG/SA/07/137	2.77h	2.69cd	1.77bcd	2.95de	65.89abc	1.80d	1.65fg	0.61bcde	8.50 ^f	1.54fg
OM1	2.88i	2.85def	1.75bcd	0.89de	61.81a	1.83de	1.64fg	0.58^{ab}	8.50 ^{fg}	1.50efg
YANDEF 55	1.09ª	2.26^{a}	1.57^{a}	0.65^{a}	69.51 dcde	1.50^{a}	1.32^{a}	0.58^{ab}	5.50^{6}	0.79a
OKENE MKT	2.93i	2.38^{ab}	1.76bcd	0.86cd	75.00e	1.66bc	1.52de	$0.65^{\rm e}$	7.34de	1.29cd
NCRI BEN 02M	2.719	2.48♭	1.79bcd	0.88cde	73.00de	1.71c	1.57ef	0.64de	7.71ef	1.36def
KANO 05	1.86°	2.26a	1.53^{a}	0.ab	67.83abcd	1.51a	1.36ab	0.60abcd	5.84ab	0.88ab
30 000000 000 000 10/1	***************************************									

Values are means of ten replicates Mean values having different superscript within column are significantly different (P<0.05)from on another

Proximate and mineral composition of 1994). improved varieties of sesame seeds

Table 2 shows that significant varietal differences existed in the proximate composition as well as the mineral content (P<0.05). The moisture content ranged between 5.0 and 8.8%. Lower moisture content is an indication of longer shelf-life. The moisture content of all the seed were lower than 10% which implied that they are shelf stable.

The ash content of the seeds ranged from 4.0 to 7.0% with NG/SA/07/106 having the least value and YANDEF 55 having the highest value. The ash content is an indication of the mineral content of food comodities. NCRI BEN OIM had the highest fat content of 20.5% while YANDEF 55 had the least value of 11.5%. The fat content of the improved sesame seeds was lower than values reported by Yoshida (1994) and Tokusoglu et al. (2004) for traditional sesame seeds. Therefore, the improved seed should be further explored to develop a high crude oil yield variety that would have immense nutritional and economic advantages. The crude protein content of NG/SA/07/106 was found to be the highest (23.0%) while NG/SA/07/179 had the lowest (12.7%). The crude fibre content ranged from 1.7 -2.5%. The crude fibre content is an indication of the roughages/bulkiness of the seed meal, the higher the crude fibre content, the more bulky the meal. Carbohydrate content of NCRI BEN OIM was the lowest (41.6%) while that of NCRI BEN 02M was the highest (58.2%). The variation in the values could be a reflection of variations in the genetic makeup of the seeds (Yoshida,

The mineral composition is also presented in Table 2 and all the mineral contents of the varieties are significantly different (P<0.05) from each other. YANDEF 55 had the lowest iron content (0.5 mg/kg) while OM1 had the highest (2.2 mg/kg). Iron is an important component of the red blood cells, which enhances the oxygen-carrying capacity of the red blood cells. Despite the presence of abundant quantities of iron in the physical environment and the relatively low requirements of the body for iron, iron deficiency remains one of the commonest nutritional problems among vulnerable groups especially in developing countries. There is a high genetic diversity in the iron contents of the improved sesame seeds. Virtually all the sesame seed varieties had higher values of calcium content, (NG/SA/07/106 had the highest value of 20.2 mg/kg while YANDEF 55 had the least value of 5.4 mg/kg). This implied that NG/SA/07/106 is very rich in calcium and preferably good for strong bone and teeth compared to others. Magnesium content ranged from 1.5 – 6.6 mg/kg, with YANDEF 55 having the least and NCRI BEN 01M had the highest. Potassium content ranged from 2.9 - 12.9%. Calcium, magnesium and potassium, are the macro minerals needed in highest amounts by the body. High amounts of these macro minerals obtained in some sesame varieties in this study would be of important nutritional significance.

Table 2: Proximate and mineral contents of improved sesame variety seeds

				_						
Variety	Moisture (%)ns	Ash (%)	Fat (%)	Protein (%)	Crude fibre (%)	Carbohy- drate (%)	- Ca (mg/) kg)	Fe (mg/ kg)	Mg (mg/ kg)	K (mg/ kg)
NCRI BEN 01M	8.6de	6.8de	20.5d	20.3gh	2.2j	41.6a	19.3	1.4c	6.6fg	11.5
NGB/04/026	5.0^{a}	5.0abc	15.5abc	16.6bc	2.2i	55.9d	17.69	1.1b	7.0h	12.6
NCRI BEN 03L	7.0c	6 .3cde	16.0bc	22.1f	2.0e	46.7abc	16.2c	1.9f	5.7c	9.6c
NG/SA/07/179	90.9	4.3ab	17.0cd	12.7a	1.9a	58.2d	13.2b	1.9e	5.9₫	10.4e
NG/SA/07/090	8.0d	5.5bcd	14.5abc	16.3♭	2.0d	53.8bcd	19.9m	2.0i	6.0d	p6.6
NG/SA/07/095	6.3b	4.3ab	13.0abc	19.4fg	1.9b	55.2cd	16.5ժ	2.4k	6.79	11.2h
NG/SA/07/106	7.5cd	4.0a	12.5ab	23.0i	2.0h	49.9abcd	20.2n	3.0	7.1h	12.9n
NG/SA/07/052	5.5^{ab}	5.3abc	14.0abc	18.2e	2.3	54.9cd	19.1k	3.0	6.6efg	10.6f
NG/SA/07/137	6.5 bc	5.0abc	13.0abc	18.4ef	1.9c	55.2cd	16.5e	1.99	5.2b	9.3⊳
OM 1	7.0c	4.3ab	12.5ab	17.5cde	2.2k	58.5 _d	17.8	2.2j	6.5ef	11.19
YANDEF 55	8.3 _d	7.0e	11.5^{a}	20.1gh	2.0f	51.1bcd	5.4a	0.5^{a}	1.5^{a}	2.9a
OKENE MKT	90.9	5.3abc	14.5abc	17.1bcd	2.19	54.9cd	17.5f	2.1j	7.4	12.5m
NCRI BEN 02M	7.0c	5.8cde	14.abc	13.3^{a}	2.4m	57.0d	18.1 _j	1.9h	$6.5^{\rm e}$	11.6k
KANO 05	8.3 _d	9.0cde	16.5bcd	20.8h	2.5n	45.9ab	17.7h	1.6d	7.3i	11.4i
	-									

Mean values having different superscript within column are significantly different (P<0.05) from one another Values are means of three replicates

sesame seeds

Table 3 shows the coefficient of correlation between the physical properties, proximate and mineral composition of improved sesame seeds. The ash content negatively (P<0.05) correlated with iron, potassium, 1000 seed weight and thickness. All the physical properties except length and degree sphericity significantly correlated (P<0.05) with the iron content of the improved sesame seeds. A strong significant (P<0.05) positive correlation was recorded between the 1000 seed weight and the physical dimensions (i.e. length, breadth, thickness, geometric mean diameter and surface area) of the improved sesame seeds.

Since the ANOVA results have shown that there were significant (P<0.05) differences among the improved sesame seeds in terms of the physical properties, proximate and mineral composition determined, it means that each of the parameters is a potential variable that could be used in characterizing the improved varieties into distinct groups. Therefore, hierarchical clustering was performed to classify the varieties based on all

Varietal characterization of the improve the measured properties using Squared Euclidean Distance as the measure of dissimilarity. The classification achieved is presented in form of a dendogram (Fig. 1). Cluster 1 is the largest consisting of 7 varieties [NGB/04/026 (2), NG/SA/07/090 (5), NG/SA/07/095 (6), NG/SA/07/052 (8), NG/SA/07/137 (9), OM1 (10), OKENE MKT (12)]; Cluster 2 consists of 6 members [NCRI BEN 01M (1), NCRI BEN 03L (3), NG/SA/07/179 (4), NG/SA/07/106 (7), NCRI BEN 02M (13), KANO 05 (14)] while variety YANDEF 55 (11) form a separate distinct cluster (cluster 3). YANDEF 55 (11) is characterized by exceptionally low contents of Ca, Fe, Mg and k with low values of volume and surface area. Members of cluster 1 possessed low moisture content, ash, fat, carbohydrate, 1000 seed weight, aspect ratio and low mineral content (Ca, Fe, Mg and k) while varieties in cluster 2 are characterized by relatively higher amounts of these nutrients.

DSP GMD Thick-Bread th Lengt h Seed 1000 proximate and mineral composition of improved sesame varieties Table 3: Pearson's correlation coefficient between physical properties, Mg 0.60 0.88 0.66* \mathbb{S} 0.21 0.01 HO O 0.03 0.34 CF -0.74** -0.08 90.0 0.03 0.08 -0.52 0.28 0.36 Fat -0.64* -0.62 -0.35-0.48 0.23 Ash -0.70** -0.29 -0.11 -0.300.20 0.43 MC Protein Ca Fe

SA

**Correlation is significant at the 0.01 level (2-tailed)
MC Moisture content; CF Crude fibre; CHO Carbohydrate; Seed100 Weight of 1000 seeds; GMD Geometric mean diameter; *Correlation is significant at the 0.05 level (2-tailed) DSP Degree of sphericity; SA Surface area.

0.03

0.04

0.28

0.31

-0.36 0.92**

0.89**

0.48

0.67**

0.67**

0.08

-0.11

0.29

0.37

0.31

0.35

0.30

0.12

0.21

0.04

-0.27

-0.10

-0.15

0.94**

0.90**

0.92**

0.89**

0.49

0.45

0.66**

0.68**

0.10

-0.11

0.05

-0.06

-0.12

GMD

ness

0.75**

0.94**

.56*

0.53

0.79**

0.75**

0.21

-0.03

-0.01

-0.16

-0.18

Breadt h Thick-

0.74**

0.79**

0.46

0.39

 0.57^{*}

0.58*

0.01

-0.08

0.16

-0.10

-0.27

-0.11

0.72**

0.34

0.33

0.48

0.53

0.02

-0.18

0.03

0.10

-0.36

-0.05

Length

0.62*

0.60*

0.76**

-0.01

0.60*

0.87**

0.05

0.28

-0.11

0.34

-0.53

-0.31

-.53*

-0.14

Seed 1000

¹⁹

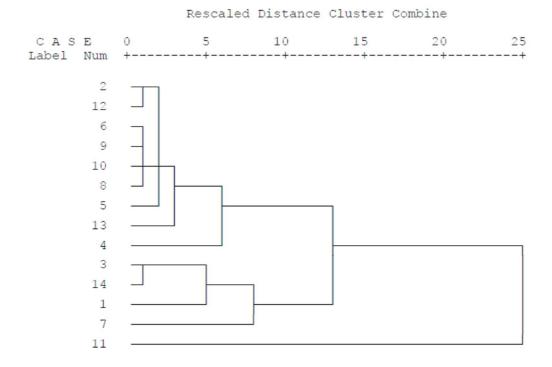


Fig. 1: Dendogram showing three hierarchical clusters of improved sesame varieties on physical properties and nutritional composition

Clustering method: complete linkage using Euclidean distance as measure of dissimilarity. CLUSTER 1: NGB/04/026 (2), NG/SA/07/090 (5), NG/SA/07/095 (6), NG/SA/07/052 (8), NG/SA/07/137 (9), OM1 (10), OKENE MKT (12); CLUSTER 2: NCRI BEN 01M (1), NCRI BEN 03L (3), NG/SA/07/179 (4), NG/SA/07/106 (7), NCRI BEN 02M (13), KANO 05 (14); CLUSTER 3: YANDEF 55 (11).

CONCLUSION

The study concluded that there were significant varietal differences (P<0.05) in the physical properties, proximate and mineral composition of the improved sesame seeds. The improved varieties were classified in terms of their physical properties and nutritional composition into three distinct categories. Variety NCRI BEN OIM was the

best in terms of most of the parameters determined while YANDEF 55 was the least. The physical properties of the improved sesame seeds were very close to values already reported for traditional varieties and this implied less requirement for major modifications in the existing processing equipment for the improved sesame seeds.

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(Manuscript received: 6th June, 2011; accepted: 29th March, 2012).