

Analysis of the Constituent of the Ice creams sold in Jaffna municipality Area

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Analysis of the carbohydrate, protein and fat content of the ice cream obtained from Municipality area in Jaffna was carried out. Ice creams from sixteen industries were selected, of which included seven large scale (Average production > 25 kg/day) and nine small scale products (Average production < 25 kg/day). Each ice cream sample was collected three times with one month interval. The sugar contents of the ice cream samples were very high and varied from 19.44 to 29.2 g/100g with the mean of 24.6 (\pm 0.7) g/100g. The mean sugar content of the ice cream from large and small scale producers were 23.6 (\pm 0.6) and 26.8 (\pm 0.9) g/100g respectively. The protein content of the ice cream samples varied from 1.5 to 4.0 g/100g and the mean protein content of the ice cream samples from large and small scale ice cream producers were 3.19 and 2.7 g/100g respectively. The fat contents of the ice cream were low and varied from 5.8 to 9.0 g/100g with the mean of 7.2 (\pm 0.8) g/100g. The mean fat content of the of the ice cream samples from large and small scale ice cream producers were 7.0 (\pm 0.4) and 7.2 (\pm 0.8) g/100g respectively. Only 13.3% of the ice creams contained fat content above the minimum permitted level (8 %) by Bureau of Sri Lankan standard. The studies show that the ice cream produced in Jaffna Municipality area do not comply with the Sri Lankan standards by having higher amount of sucrose and low amount of fat.

Key words: Total sugar, ice cream, protein, fat, nutrients.