



NATIONAL
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GENERATION AND MOBILIZATION OF NUTRITION
EVIDENCE TO TACKLE MALNUTRITION: FROM DATA TO ACTION

Sesame Fat Spread

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First food innovation contest

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Introduction

- Sesame seed is one of the top export agricultural commodity in Ethiopia
- Value addition on sesame seed will avail more nutrition and generate more income
- Sesame are good source of proteins, complex carbohydrates some minerals
- Consuming sesame has health benefits and its is categorized among nutraceutical and functional food

Preparation of Sesame Fat spread

- Sesame was soaked, dehulled, roasted and it was cooled down to room temperature
- Then it was grounded with
 - Salt
 - Hydrogenated vegetable oil
 - Soy lecithin
 - Sugar
- Sesame fat spread is tasty to consume for all age groups in different food preparations

Sesame Fat Spread

- Sesame Fat Spread can
 - ✓ be eaten by spreading on bread as breakfast and anytime as snacks
 - ✓ be used in salad mix to enhance the flavor (like Mayonnaise)
 - ✓ be used /eaten as sandwiched in biscuits
 - ✓ be added on soup for its nutty taste (as peanut butter is used)

Nutritional Values

Composition (%)	Mean value ± S.D
Moisture	0.26± 0.03
Protein	27.0 ± 0.6
Crude fat	53.51 ± 2.43
Total Carbohydrates	16.31
Crude fiber	13.23 ±1.4
Ash	3.15 ± 0.02

SN	Fatty Acid	Composition (%)
1	Palmitic Acid	13.31
2	Palmitolic Acid	0.17
3	Stearic Acid	6.57
4	Oleic Acid	40.07
5	Linoleic Acid	37.95
6	Linolinic Acid	0.31
7	Unknown Fatty Acids	1.62

Health Benefits

- It has good nutritional value, easily digested and stable to oxidative stress
- Biologically active components, such as phytochemicals, Iso-flavones and sesamin,
 - reduce of the development of chronic diseases such as cancer, diabetes, and coronary heart diseases
- Contains “good” fat (monounsaturated and polyunsaturated fat) and antioxidants that protects the from the damaging effects of free radicals



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Thank you

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