

REVIEW REGARDING THE IDENTIFICATION OF VEGETABLES WITH HIGH QUANTITIES NITRATES IN ROMANIA

Gabriela NEAȚĂ¹, Dan ȘCHIOPU²

Abstract: *By eating plants or drinking water containing high contents of nitrates or nitrites, the nitrogen enters in the body, it combines with hemoglobin, resulting in a stable compound methemoglobin, so that the bodies present specific phenomenon anemia. Nitrates and nitrites are used as preservatives in the food industry; in such corned nitrosamines were identified health risk to consumers. To reduce the concentration of residual nitrites in meat products it was questioned the use of vegetables as natural sources of nitrite and bring added value to the food. The paper presents the research of our country on nitrate and nitrite content, nutritional value, agro cultivars used and methods used in the culture of vegetables in our country. Since the nitrates and nitrites are found mostly in vegetables that consume leaves and plant parts it finds more raw sap (root, leaf petiole, language) shows a group of vegetables valued as containing average content or high nitrates and nitrites.*

Keywords: Methemoglobin, natural preservatives,, nitrates, nitrites.

¹ Prof. Ph. D. , University of Agricultural Sciences and Veterinary Medicine of Bucharest ,

² Prof. Ph. D., Academy of Romanian Scientists