

Abstract Fatty Acid Profile of Hemp Sprouts ⁺

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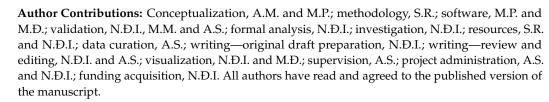
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Abstract: Industrial hemp (*Cannabis sativa*) is used in various industries, such as food, animal feed, paper, textile, biofuel, etc. Hemp seeds intended for food production should not contain tetrahydrocannabinol (THC) level above 0.3%, according to Serbian legislation. Hemp seeds and their processed products, such as oil and flour, have high nutritional quality in terms of lipids, proteins, fiber, minerals, and plant secondary metabolites. The interest of society in healthy eating is rising constantly. Advice on the selection of foods which promote health includes functional food, such as sprouted seeds. Since hemp seed is rich in phytochemicals, it is assumed that their sprouts will be more nutrient-dense. Although sprouted seeds of many crops, such as legumes, cereals, pseudocereals, oilseeds, and vegetables are included in a healthy diet, hemp seed sprouting is barely studied. Therefore, the aim of this research was to determine the fatty acid profile of hemp sprouts harvested after seven days of germination which are ready for consumption. The majority of fatty acids in sprouts are polyunsaturated fatty acids (67.7%) comprising linoleic and α -linolenic acids. Sprouts are less abundant in oleic acid, monounsaturated fatty acid (10.5%), followed by saturated fatty acids (21.8%), with the highest content in palmitic acid. As it was expected, the fatty acid composition of seeds and sprouts is similar.

Keywords: functional food; sprouts; Cannabis sativa; industrial hemp; fatty acids



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