

ABSTRACT

The chemical and amino acid composition of four traditional foods commonly consumed in the Arabian Gulf states were investigated. These foods are two kinds of fermented fish sauces (tareeh and mehiawah) and two types of bread made from date and cheese. The results indicated that tareeh had higher levels of protein, ash, Ca, Na, Mg, P and Zn than mehiawah, whereas the second fish sauce had higher amounts of moisture, fat, carbohydrates, Fe and K. For the breads, cheese bread (khubez-jebin) had higher level of protein, fat, ash, Ca, P and Na than date bread (Khubez-tamer). However, the bread made from dates were higher in most minerals (Fe, K, Mg, Cu & Zn) than cheese bread. The amino acid profile in both fermented fish sauces was superior than that of date or cheese breads. It was concluded that these traditional foods can provide substantial amount of nutrients to normal daily diet of the Arab Gulf inhabitants. Nevertheless, attention should be paid to the high sodium levels in fermented fish suaces.