



## THE VITAMIN A CONTENT OF HOME CANNED OKLAHOMA APRICOTS

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Study has shown that raw and dried apricots are good sources of vitamin A. It seemed expedient to determine the value of home canned Oklahoma apricots.

Thirty-three young albino rats, used as subjects in the biological curative method, were put on the vitamin A free diet of Sherman and Smith. When showing by loss of weight or xerophthalmia that the body stores were depleted of vitamin A, they were divided into five groups, one group acting as negative controls, one as positive controls, having butter fat added to the basal diet, and the remaining three groups fed daily respectively 20, 35 and 50 milligrams of the home canned grown apricots. The apricots, all from one tree, were canned by the open kettle method.

The animals fed 20 milligrams of apricots lived longer than the negative controls, but all animals in these two groups showed weight loss and vitamin A deficiencies, and died before the end of the experimental period. None of the animals in the other three groups showed any defects due to vitamin A deficiency. The positive controls gained an average of 3.45 grams per week, the animals fed 35 milligrams of apricots 3.70 grams per week, and those fed 50 milligrams 6.96 grams per week. Apparently Oklahoma grown home canned apricots are a good source of vitamin A, 35 milligrams corresponding to approximately one unit of vitamin A.