



Determination of minerals and trace metals in dates honey " Robe" of two variety Ghars and Tekrmist (Tantbocht) of *Phoenix dactylifera L*

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Abstract

Dates honey are a nutritious food with health benefits to consumers because the dates are known to have healing power. These honey are consumed by the entire Algerian population and especially in El Oued region owing to its many benefits to health and its delicious taste . These drink contain minerals, nutrients, trace elements, vitamins and phytochemicals, which are essential for nutrition and a healthy life. However, dates honey may also contain high levels of metals, posing a health risk to humans, especially to children. Thus, in order to guarantee food safety and to make sound nutritional considerations, dates honey require careful investigation. The main objective of this study was to determine of some metals concentration (minerals and trace metals) in two variety of dates honey " Robe" Ghars and Tekrmist (Tantbocht) of *Phoenix dactylifera L*. The amount of all metals was determined by ICP-OES technique (Inductively Coupled Plasma coupled with Optical Emission Spectrometry). These results indicated also that metal contaminations by toxic metals (Cd, Ag, Tl and Pb) in a both honeys were found below the guidelines given by international society. In the case of essential metals (Na, Ca, Fe, Zn, Mg, Cu), dates honey are a good source with quantitative dominance of Tantboucht Robe in the majority of the essential elements. We concluded that the two variety of dates honey " Robe" Ghars and Tekrmist (Tantbocht) of *Phoenix dactylifera L* have a nutritional importance through their richness of the essential elements but the dates honey Tekrmist (Tantbocht) has a high importance compared to the dates honey Ghars due to their poverty of the toxic elements.

Key words: Robe, Ghars, Tantboucht, essential elements, toxic elements.