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Preparation of low cost multi cereal nutritive bar

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The new trends for consumption of healthy, innovative and practical food have led to the growth of cereal bar market in the recent years. This is due to the facilities for purchase of food pre-prepared, frozen and ready market. Because of the growing consumer demand for healthy, natural and convenient foods, attempts are being made to improve snack foods nutritional values via modifying their nutritive composition. Hence cereal bars were introduced in the last decade. The aim of the work is the formulation of cereal bar using jaggery, bajra, butter, sesame seeds, flaxseeds, corn, rice, and dried peas. These ingredients are cheaper and have high nutritive value. Jaggery has an ability to cleanse our body, act as a digestive agent, and sweeten our food in healthy manner. Sesame seeds protect us from oxidative damage, corn helps in controlling diabetes etc. Rice provides instant energy. Thus all ingredients are beneficial for healthy life. A nutritional analysis of the above ingredients was done and it was found that the total protein content is 9.09%, fats is 15.09% crude fiber is and 1.07%, carbohydrates is 72.97% energy is 340.9208 kcal, calcium is 130.886mg.phosphorous is 136.182 mg, iron is 3.585mg, zinc is 1.2525mg and 1.7%. Sensory evaluation of the bar for the characteristics such as colour, texture, appearance, taste, overall acceptability was done using 9 point hedonic scale by a panel of 20 semi trained judges.

Biography

Annesha Dutta is pursuing Bsc (Hons) in Bio Medical Science, from Bhaskaracharya College of Applied Sciences, University of Delhi and I have just completed my first year in this course. I am working on this project under Dr. Meenakshi Garg, Department of Food technology, Bhaskaracharya College of applied sciences.

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