

3rd World Congress on
Cardiology

&

16th International Conference on
Nutrition and Fitness

October 29-30, 2018 | London, UK

Development of nutritious shelf stable cereal bar - An alternating approach to snacks**Ramandeep Kaur**

Punjab Agricultural University, India

In recent years, public food associations around the world have been increasingly worried about the population nutritional needs. They are promoting a nutritious and wholesome diet to reduce the occurrence of nutritional deficiency disorders. Moreover, consumers are demanding healthy and convenient products. In view of these, cereal bars offer an alternative source of snacks being high in fibre, protein and other essential compounds. The aim of present work was to develop a shelf stable healthy cereal bar high in protein, and a major supplier of energy by utilising quinoa (40%), brown rice (35%), flaxseed (10%), dry fruits (such as raisins, dried figs (10%) and almonds (5%). Honey (50%) was added as a sweetener and binding agent. Shelf stability of prepared cereal bars were assessed at ambient conditions for 120 days in High-density polyethylene (HDPE) and aluminium laminates packages. Proximate composition, bioactive compounds, texture analysis as well as changes in peroxide value

(PV), free fatty acid value (FFA), sensory parameters during storage under ambient conditions were studied. All the results obtained were statistically analysed. Chemical changes in bar under different packaging materials during storage shown that, the bar remained stable and acceptable for entire storage period of 120 days at ambient conditions irrespective of the packaging materials used. All the results obtained were statistically analysed.

Speaker Biography

Ramandeep Kaur is a second year PhD scholar in food technology at Punjab Agricultural University, India. She also completed her MS (Master of Science) from the same institute in the year 2016. Her research problem during MS was based on Development of gluten free cereal bar for gluten intolerant population utilising quinoa as major ingredient. Based on it, she had publication in JFST (Journal of food Science and Technology).

e: rsandhu047@gmail.com

*Notes:*