

Manuscript ID : 00001-26461

International Journal of Engineering & Scientific Research

Volume 7, Issue 2, February 2019, Pages 23-30, Page Count - 8



Source ID : 00000369

ORGANOLEPTIC EVALUATION OF BUCKWHEAT (*Fagopyrum esculentum*) BAR

Siriguppa Sneha ^{(1)*} Padma Vijayakumar ⁽²⁾

⁽¹⁾ Student, Department of Nutrition and Dietetics, Mount Carmel College, Bangalore, India.

⁽²⁾ Assistant Professor, Department of Nutrition and Dietetics, Mount Carmel College, Bangalore, India.

* Corresponding author

Abstract

Buckwheat is one of the unrecognized and underutilized cereal grains which has many functional components. Due to rapid urbanization, life style and diet diversification, the demand for convenience foods is increasing. Consumers look for variety and handy snacks which are nutrient dense and healthy. Buckwheat was utilized in making nutribar due to its health promoting value. A preliminary survey was conducted on nutribars to assess the demand, preference and to know the awareness on the existence of this pseudo cereal. A standard nutribar recipe was formulated with most commonly used ingredients such as oats, almonds, peanuts, rice flakes, sugar and jaggery. Food product development and their acceptability appraisal through organoleptic evaluation were carried out by semi trained and untrained panel comprising of 21 panelists from the Department of Food Science and Nutrition, Mount Carmel College, Bengaluru. A sensory form along with standard written form of instructions were given to panelists and were asked to rate the bars (coded as 101-110) according to a 9- point hedonic scale consisting of preference ratings. Nutribars a popular snack were developed by incorporating varying proportions of buckwheat. All products were moderately acceptable except the product in which 25 % of buckwheat was added which was more acceptable than the standard and other variations which had a mean over all acceptability of 7.7286±0.8. When analyzed statistically, it was also found that there existed a significant difference at 1% level in the overall acceptability among the products formulated. Further, the product was evaluated for its nutritional composition and shelf life. The study therefore recognizes the potential incorporation of buckwheat in the formulation of variety of convenience foods owing to its nutritional composition and organoleptic properties. This nutri rich snack can be given for the children in developmental phase, malnourished children and for the people who are involved in intense energy activity like sports personnel's.

Author Keywords

Buckwheat, Pseudo cereal, Organoleptic evaluation, Nutribar, Convenience foods

ISSN Print:

Source Type: Journals

Publication Language: English

Abbreviated Journal Title: IJESR

Publisher Name: International Journals of Multidisciplinary Research Academy (IJMRA)

Major Subject: Health Sciences

Subject area: Nutrition and Dietetics

ISSN Online: 2347-6532

Document Type: Journal Article

DOI:

Access Type: Open Access

Resource Licence: CC BY-NC

Subject Area classification: Nursing

Source: SCOPEDATABASE