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Enhancement of nutritional quality parameters and acceptability scores of soyblended product enriched with lotus stem powder

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ABSTRACT

Good health is an asset in this modern scientific world. For fit and fine health, it is necessary to have a diet sufficient in quantity as well as quality. Due to inadequate nutritional awareness, macro as well as micronutrient deficiencies affect the lives of most citizens of western nation less dramatically than those in developing countries. The grave situation brought about by over population and under production of food on an international level is well documented. Therefore, the present study was undertaken in an attempt to overcome the ill effects of nutrition related problems with improving the quality of life by the judicious use of lotus stem powder and defatted soy flour in conventional preparation. The main aim of study was to develop value added soyblended product like, *Khakare* with the incorporation of lotus stem powder and defatted soy flour at different levels. The results of sensory appraisal revealed that among different proportion of ingredients used with the combination of 20% defatted soyflour and 5% lotus stem powder was most acceptable and received the highest ratings.

Key words : Wheat flour, Lotus stem powder, Defatted soyflour, Standard sample of khakare

INTRODUCTION

Health is a birth right of every individual. Health and longevity of people are much influenced by nutrition. Millions of world citizens cannot secure enough energy or protein to meet minimal requirements. In a country like India, protein energy malnutrition could be tackled by judicious use of cereals and pulses in staple food. National Family Health Survey Report III (2005-2006) indicated that the rate of malnutrition is about 42% of the total population in India. For alleviating malnutrition (Sukhatme, 1972), is the production of semi-conventional, inexpensive locally available foods. Gopalan (1999) is of the opinion that we should look to our “farms” not to our “pharmacies” for the solution of nutritional problems. Soybean is a species of legume native to Eastern Asia.. It is an important source of protein equivalent to animal protein and vegetable oil worldwide (Manay and Sharaswamy (2001). In this study, defatted soyflour was used which was made entirely from defatted soymeal. It was used as an ingredient in conventional recipe and

increase the shelf-life of product without being rancid. The use of defatted soyflour increases the quality and the shelf-life of the products (National Institute of Nutrition, 2000). It is also an excellent source of iron, calcium, protein and a good source of thiamine, fibre, folate and manganese. Lotus is used in many ways in ones daily life. It is an important economic aquatic crop. Every part of the plant has nutritional as well as medicinal value. It is a rich source of iron, vitamin-c and also minor constituents- flavonoids, xanthophylls and many minerals. The endeavour involves preparing soyblended product like- *Khakare* with the incorporation of lotus stem powder in different concentrations with defatted soyflour. They provide a healthy and nutritious snacks which will be helpful in fulfilling the demand supply gap between nutritional deficiencies and healthy status.

MATERIALS AND METHODS

In present study, lotus stem and defatted soyflour were used. Lotus stem was purchased from the local