

Development of Savory Nutrient Bar

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Introduction

Young adult generation tends to skip their meals. The fast food that is being consumed is unable to fulfill their nutrition and energy requirements. Therefore, there is a void for a food product that is convenient to consume whilst containing the energy and a balanced diet of nutrition. Nutrient bars that are beneficial to use for all age groups and while fulfilling their daily nutrition and energy needs with low sugar content are limited. This study was done to produce a non sweet nutrient bar made with accessible ingredients in Sri Lanka, with all the required nutrients and desired energy level is a need in the consumer market

Methodology

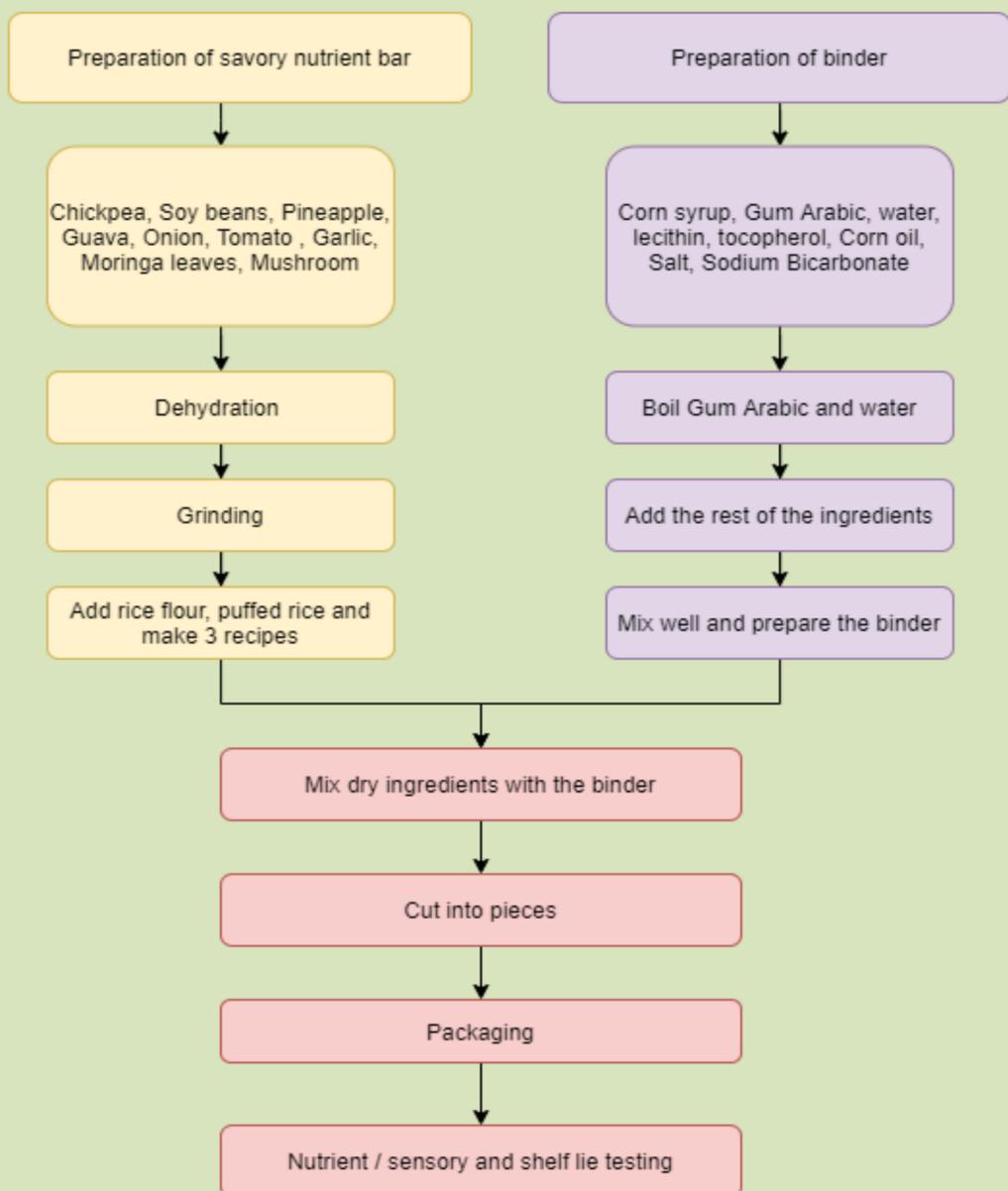


Figure 1: Developed savory nutrient bar

Results

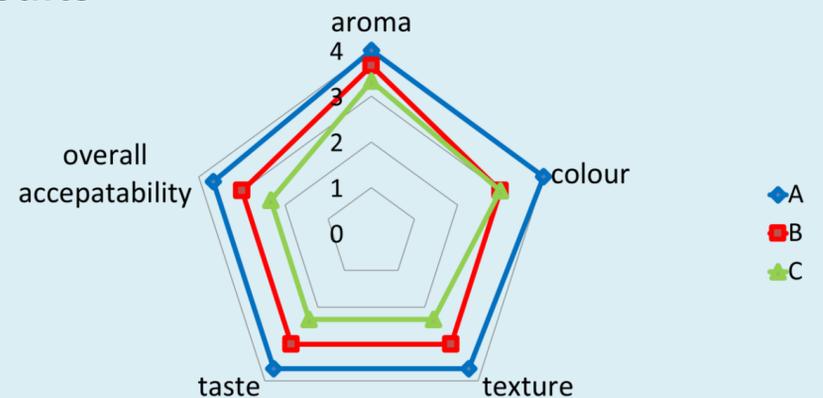


Figure 2: Sensory analysis of selected recipe

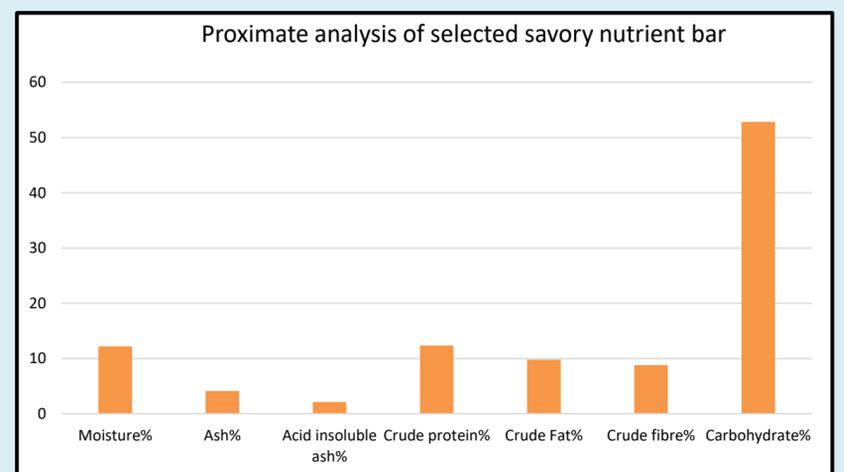


Figure 4: Proximate analysis of selected recipe

Suggestions

- Develop a method to reduce moisture of the product in order to achieve a longer shelf life.
- Develop a bio degradable packing material that will positively impact the shelf life whilst reducing the waste production.

Conclusion

Recipe A was selected from the sensory evaluation and that recipe was further developed as a savory nutrient bar consisting all the required nutrients in a balanced diet and it can be concluded product is microbiologically safe for 7 days under ambient conditions in triple laminated aluminium pouches.

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References

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