

Sensory and Nutritional Evaluation of Sweet Cereal Products Prepared Using Stevia Powder for Diabetics

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KEYWORDS Malpura. Mithi Roti. Pinni. Proximate Composition. Sevia. Organoleptic Evaluation.

ABSTRACT Sweet cereal products namely malpura, mithi roti, pinni and sevia were prepared using stevia powder. Stevia was added at three different levels in the experimental products while sugar was added in the control product. The organoleptic evaluation of the products was done by a panel of judges to select the most acceptable level of stevia in all the products. The products with most acceptable level of stevia and with sugar were analyzed for their proximate composition. It was found that malpura was acceptable at 50mg stevia, mithi roti at 75mg stevia, pinni and sevia were acceptable at 37.5mg stevia as compared to the control recipe. The modified recipe of malpura had 12.13g protein, 3.41g fat, 52.02g carbohydrates and provided 287Kcal of energy. The modified recipe of mithi roti had 10.99g protein, 16.36g fat, 45.72 g carbohydrates and provided 374 Kcal of energy. The modified recipe of pinni had 20.81 g protein, 15.65g fat, 43.75 g carbohydrates and provided 399Kcal of energy. The modified recipe of sevia had 4.42g protein, 5.60g fat, 12.64 g carbohydrates and provided 119Kcal of energy. The percent decrease in calories provided by modified recipe compared to the basic recipe was malpura 25.07%, mithi roti 16.89%, pinni 13.26% and sevia 20.67%. Sweet products using stevia powder are highly acceptable upto 75mg and hence can be safely used by the diabetics to satisfy their craving for sweet foods and are low in calories as compared to the basic recipe.