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Development of soy fortified Indian traditional snacks

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Soy foods have long been important in Asian diets, where they are valued for their nutrient content and culinary versatility. For health conscious Indians, soy foods are among the variety of healthful options for meeting protein needs. Soy foods are reported to have lower risk of coronary heart diseases, osteoporosis, and certain cancers and help alleviate menopausal symptoms. Five value added Indian traditional snacks viz. Multigrain soy bar, Soy vermicelli, Soy cookies, Soy chips, Soy phirni & Guava soy bar were developed to prototype form and studied for their sensory acceptability and shelf-life study. These products could be easily formulated using locally available raw materials at a reasonable cost and the good organoleptic characteristics combined with high protein & minerals make these products suitable for common man & especially for school children, adolescents, pregnant & lactating females. Results of the present study showed that these Indian traditional foods under study could be successfully fortified with defatted soy flour (20% level) or soy milk (50% level) to increase their nutritive value in terms of quality proteins, minerals, vitamins and phytochemicals without altering their sensory aspects and acceptability. Moreover, these products can help alleviating malnutrition and in improving the nutritional status of millions of impoverished undernourished kinds.

Biography

Ranjana Singh earned her PhD in Food Technology from the G.B. Pant University of Agriculture and Technology, Pantnagar and is currently working as an Associate Professor, Food Technology at University of Delhi, India. During 25 years of tenure, she has participated in the development of the Institute and has successfully fulfilled several responsibilities including the organization of student placements, the re-organization of the curriculum in accordance with University norms and industry demand, and the organization of various workshops & national conference. One of her key achievements is development of value added new product concepts which enhanced the creative & research ability of students, encouraging their entrepreneurship dreams. Her research has been published in reputed international journals and has also been presented in international conferences in the US and South Africa.

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