

Cocoa products: A source of health and wellness during Covid-19 pandemic

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Abstract

Cocoa can be nominated as functional food, due to its several nutritional properties. Chocolate is a product still unknown to many of its properties, and that has been widely consumed and studied, not only by their sensory characteristics, but also by the possible health benefits. Also, chocolate is a very good delivery mechanism for functional ingredients. In view of the capability of polysaccharides and chocolate as therapeutic and functional food has been proposed to develop chocolate products added with many functional ingredients, as vitamins and minerals, and containing naturally antioxidants, adequate to help immune system against Covid-19. The processing under 90°C collaborate to preserve the functional properties of the developed products. Products as dark and milk chocolate, fillings for chocolate products, chocolate spreads, powder chocolates can be developed producing functional cocoa and chocolate products. In general, the produced cocoa products need show good stability and added nutritional and sensory values and, as fat-based formulations, the application of liposoluble vitamins can be related to the demand for healthier foods.



Biography:

Suzana Caetano da Silva Lannes is Professor/Researcher at Pharmaceutical Sciences School - University of São Paulo, Brazil. She is member of the Board of Directors – IUFoST, Past President of Brazilian Society of Food Science and Technology-sbCTA, and Past Director of Brazilian Association of Scientific Editors-ABEC. She has published papers in reputed journals, book chapters, and has been serving as Editor in Chief of Food Science and Technology Journal. Develop research works in the Food Science and Technology area, on the following subjects: cocoa and chocolate issues, rheology, physics of foods, development of special and nutritional food formulations and study of fats and some fat foods.



Speaker Publications:

1. Santos, O.V. ; Agibert, S. A. ; Pavan, R. ; Godoy, I. J. ; Costa, C. E. F. ; Mancini Filho, J. ; Lannes, S. C. S. . Physicochemical, chromatographic, oxidative, and thermogravimetric parameters of high-oleic peanut oil (*Arachis hypogaea* L. IAC-505). *Journal of Thermal Analysis And Calorimetry.*/ 2019 / 138 / p. 1793-1800.
2. Santos, O. V. ; Correa, N. C. F. ; Carvalho Junior, R. ; Costa, C. E. F.; Moraes, J. F. Cabral ; Lannes, S.C.S. . Quality parameters and thermogravimetric and oxidative profile of Muruci oil (*Byrsonima crassifolia* L.) obtained by supercritical CO₂. *Food Science and Technology.* / 2018 / 38 / p. 172-179.
3. Agibert, S. A C ; Lannes, S.C.S. Dark chocolate added with high oleic peanut oil microcapsule. *Journal of the Science of Food and Agriculture.* / 2018 / 98 / 5591-5597.
4. Carvalho, J.C.S ; Lannes, S. C. S. Improvement of nutritional and physicochemical proprieties of milk chocolates enriched with kale (*Brassica oleracea* var. acephala) and grape (*Vitis vinifera*). *Food Science and Technology.*/ 2018 / 38 / p. 551-560.
5. Almeida, P. F.; Lannes, S. C. S. Effects of chicken by-product gelatin on the physicochemical properties and texture of chocolate spread. *Journal of Texture Studies.*/ 2016/ 48 /p. 1-11.
6. Eduardo, M. F. ; Mello, K. G. P. C.; Polakiewicz, B.; Lannes, S. C. S. Evaluation of chocolate milk beverage formulated with modified chitosan. *Journal of Agricultural Science and Technology.*/ 2014/ 16 / p. 1301-1312.

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