

Product Development from Banana Blossom Powder and Indian Gooseberry Powder for Anaemic Adolescent Girls

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Introduction - Adolescence marks as a period of increased nutritional needs which is necessary for growth and development. Elevated needs of iron are important to be maintained in order to supply nutrition for intensive growth and muscular development, this results in an increase in blood volume; thus, it is extremely important for the adolescents to meet the iron requirements. Diet, therefore, must offer enough iron and, moreover, nutrients to favour element utilization in order to produce adequate iron bioavailability and thus be sufficient for needs at this stage of life. Blossom of the banana plant though very rich in micronutrients majorly iron and fibre are lesser known and consumed by very less people. In view of this, an attempt was made to develop a value-added iron and fibre rich product for people suffering from micronutrient deficiency such as anaemia etc. Along with banana blossom, Indian gooseberry was also used to enhance the bioavailability and absorption of iron. The fresh collected Banana blossom were peeled, cleaned and dried in hot air oven at 50°C for 6 hours and then grinded into a powder and stored in aluminium foil to prevent exposure to moisture. Hummus Dip was developed with concentration of 18g, 20g and 25g of banana blossom powder and 2g, 3g and 5g Indian gooseberry powder per 100g of hummus. Sensory evaluation was done with the help of 9 Point Hedonic Rating Scale in reference to appearance, taste, texture and flavour by 50 subjects. The proximal analysis of the product was done. The result revealed that the Hummus Dip developed with concentration of 20g of banana blossom powder and 3g of Indian gooseberry powder was highly acceptable. The acceptable product can further be used for intervention for anaemic patients.