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Development of healthy food products for adult men and women to lower the ill effects of lifestyle diseases and perform sensory analysis for its acceptability

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Abstract

This study was done for the development of healthy food products for adult men and women to lower the ill health effects of lifestyle diseases and perform sensory analysis for its acceptability. It aimed to develop different recipes that can help in overcoming the chances of lifestyle diseases. Various developed food products were Chickpea & Raw Banana Burger, Cheesy Spinach Dumplings, Coconut Candy, to assess the acceptability of these food products, sensory evaluation was done. Methods used for the evaluation of these food products were 9-Point Hedonic Scale Method. In total 30 respondents were selected in which, 15 were men and 15 were women. The data obtained after the evaluation were calculated, classified and tabulated to get the results. Sensory evaluation was done in order to evaluate the acceptability of all developed food products. After the assessing the results obtained after the sensory evaluation of all developed food products, it was seen that the Coconut Candy was the most acceptable amongst all food products. It can also be concluded that all the developed food products are much better alternative of all fast foods and can also help in lowering the ill effects of the various lifestyle diseases. Beside that all these food products can also help in satisfying the cravings of unhealthy fast foods.

Keywords: Lifestyle diseases, healthy diet, manipulation, new food product development

Introductions

In today's generation, the rapid increase in the lifestyle diseases has been observed. From a long time, these disorders used to be seen mostly in the middle-aged people, but from last decade it has also started to affect the younger people as well. These diseases not only affect individual physically but it also acts as one of the major causes of behavioural problems in them as well. Changed lifestyle is a prior reason behind the rapid increase of the lifestyle diseases in our society. Some of the main culprits that have changed the living habits in the present generation are competitive living, an increase in job requirements and sedentary lifestyle.

Methodology

Experimental Research Design was used in the study. The present study was conducted in Modinagar city. Sensory Evaluation was done by a group of 30 panel members which consists of 15 males and 15 female respondents. Preparation & Standardization of Food Products This step was carried out at a household level in Modinagar to standardize and to ensure the uniformity of the products. Evaluation of all food products done from a critical point of view and standardized to the one with the maximum acceptance which confirm to the flavour, taste, odour, appearance, palatability etc.

Tool used for Data Collection-Hedonic Scale Method

Results and Discussions

Fig 1 concludes that in male respondents 33.33% whereas in female respondents 26.66% liked the Chickpea & Raw Banana Burger very much. In male respondents, 53.33% of them while in female respondents, 60% of them moderately liked the Chickpea & Raw Banana Burger. Male respondents, 13.34% and female respondents, 13.34% of them neither liked or dislike the Chickpea & Raw Banana Burger

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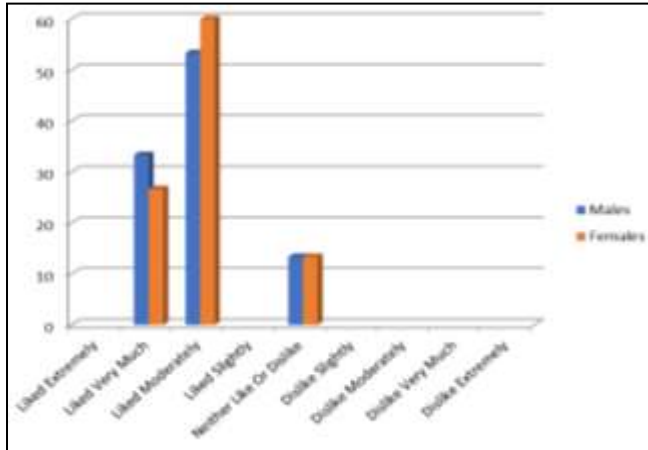


Fig 1: Hedonic Scale of Chickpea & Raw Banana Burger (n=30)

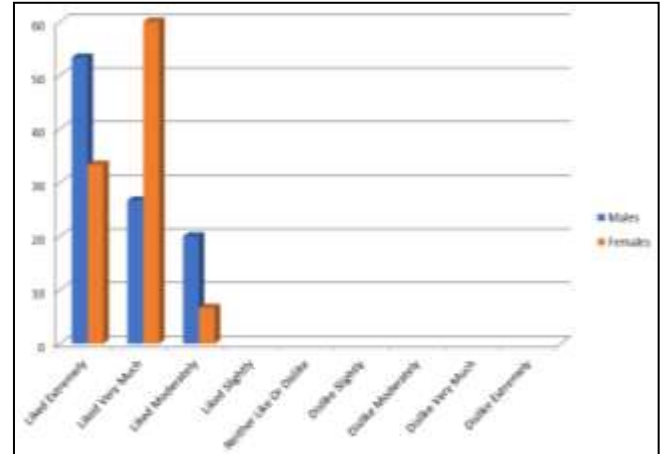


Fig 3: Hedonic Scale of Coconut Candy (n=30).

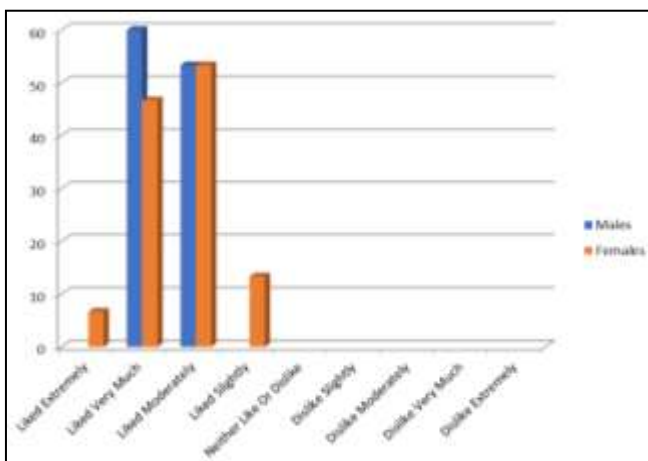


Fig 2: Hedonic Scale of Cheesy Spinach Dumplings (n=30)

Fig 2 concludes that female respondents 6.66% extremely liked the Cheesy Spinach Dumplings. Male respondents, 60% of them whereas female respondents 46.66% of them liked the Cheesy Spinach Dumplings very much. Male respondents, 53.33% of them while female respondents, 53.33% of them moderately liked the Cheesy Spinach Dumplings. Female respondents, 13.34% of them slightly liked the Cheesy Spinach Dumplings.

Fig 3 concludes that male respondents, 88% of them liked the colour, 85.33% of them liked the appearance, 80% of them liked the taste, 78.66% of them liked the palatability and 80% of them liked the texture of Coconut Candy whereas in female respondents, 80% of them liked the colour, 73.33% of them liked the appearance, 80% of them liked the taste, 72% of them liked the palatability and 72% of them liked the texture of Coconut Candy.

Conclusions

The study was conducted on the topic “Development of healthy food products for adult men and women to lower the ill effects of lifestyle diseases and perform sensory analysis for its acceptability.” 30 panel members were selected and there were 15 males and 15 females.

To conduct this research, healthy food products were developed at household level and later these food products were analysed through sensory evaluation by subjects to evaluate the acceptability of these developed food products. After their preparation, these food products were taken to the locale of the study. Samples of each developed product were evaluated by the subjects to check the acceptability of the products. After the evaluation of all developed food products, it can be concluded that the Coconut Candy was the most liked product in between all food products according to the respondents. All the subjects were satisfied by every food product but they also have varying opinions and choices as well. After conducting the sensory evaluation, the data was collected and later evaluated. For the evaluation of the developed food products 2 methods were used i.e. Hedonic Scale Method. After the whole process it can be concluded that these developed food products can be the better alternative to the unhealthy fast foods which can help in prevention of common lifestyle diseases.

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