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Natural energy bar with Indian ingredients

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Snack bar is a convenient, healthy and portable food which supplies balance nutrients like proteins, fats, minerals, vitamins, calories and carbohydrates to abate hunger and a source of energy to athletes. Besides energy, athletes also need electrolytes for fluid homeostasis and balance. The objective of this study is to develop a convenient energy bar containing all the essential nutrients and electrolytes as an affordable, organic, pre-workout energy bar using natural Indian ingredients. It is a wholesome nutritious food for all age group of athletes. Three energy bars are made with common ingredients with difference in sweet additives. The common local ingredients used are dates, coconut powder, banana powder, peanuts, foxtail millets and ghee. The sweet additives in each bar are honey, jaggery and palm sugar. The sensory evaluation pattern was conducted on 15 athletes as untrained panelists checked on color, aroma, flavor, chewiness, saltiness and overall acceptability among the three bars. Nutritional status was analyzed by National Accreditation Board for Testing & Calibration Laboratories (NABL) accredited lab, which confirms the nutrients, electrolytes and shelf life. Results of each servings of the sports bar of 50 grams made out of the three different sweeteners the panelists found jaggery to be wholesome sport bar, lab results also confirm that jaggery sweetened energy bar is ideal. To conclude, energy bar with natural ingredients gives instant energy to enhance performance of athletes without any preservative supplements which amounts to doping is developed. The chosen ingredients are local grown and the natural additives used in all the three variants give instant energy with convenient shelf life also a portable pre and post workout energy bar for athletes. The above can be a healthier and affordable option for commercially processed energy bars.

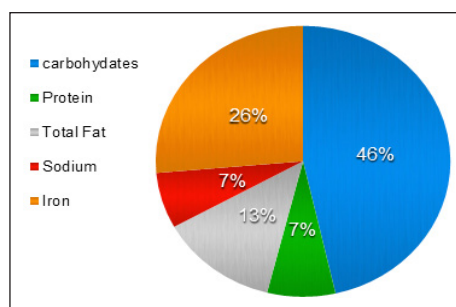


Figure-1: Nutrient contents of jaggery bar.

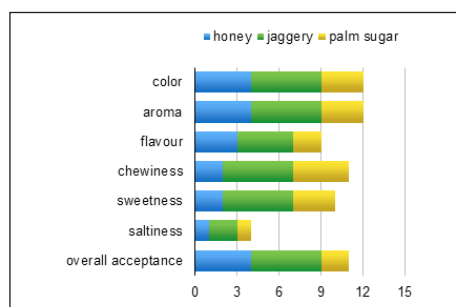


Figure-2: Comparison of sensory evaluation of three bars.

References

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Biography

Aarathi Nandagopal is a Practicing Sport Scientist with specific interest in the fields of sport nutrition and sport psychology. She has done presentations in the national level conferences in the field of exercise physiology, sport psychology and sport nutrition at Indian Association of Sports Medicine and Sports Authority of India. She continues to contribute to the physical and mental well-being of athletes by monitoring their dietary supplements, sleeping patterns and fitness schedule.

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