

Development, Organoleptic, and Nutrients Study of NutriBars

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ABSTRACT

Introduction: NutriBars have gained popularity as convenient nutritional supplements designed to provide essential macronutrients and micronutrients in a compact form. They are commonly used for meal replacement, weight management, and energy boosting, particularly among athletes and health-conscious individuals. These bars typically contain proteins, carbohydrates, fibres, and healthy fats, which contribute to balanced nutrition and satiety.

Aim: The primary objective of this research is to develop nutria bars in different variants and evaluate the sensory and nutritional values of the same.

Methodology: In this study, NutriBar variants (salted butter and peanut butter) were developed using dry fruits. Sensory evaluation through Hedonic Scale and nutrient composition using AOAC methods was conducted for the developed nutribars.

Results: The results of sensory evaluation studies showed that Sample 1 (Salted butter NutriBar) was liked more in comparison to the one made by using peanut butter. The nutritive value of the

Sample 1 NutriBar was analysed, revealing the following composition: 551 kcal energy (27.55% RDA), total fat 36.68g (54.75% RDA), saturated fatty acids 6.44g (6.44% RDA), trans fatty acids <0.02g (<0.1% RDA), protein 16.80g (16.80% RDA), carbohydrates 38.42g (38.42% RDA), sodium 92mg, and sugar 20.15g. These values indicate a high-energy, protein-rich composition, making it a suitable option for individuals requiring sustained energy and nutrition.

Conclusion: The study confirms that the developed NutriBars (both variants) offer a nutrient-dense, energy-rich option, supporting overall health and well-being. Their balanced composition makes them a practical choice for sustained energy and nutritional supplementation.

Implication: This study highlights NutriBars as a convenient, nutrient-dense option for individuals seeking balanced nutrition. The findings can guide food manufacturers in optimising formulations and assist health professionals in recommending NutriBars for energy needs, meal replacements, and dietary supplementation, promoting healthier eating habits and functional food innovation.

Keywords: Energy boosters, Hedonic scale, Weight management

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