Organoleptic and sensory evaluation of recipes from indigenous foods rich in calcium

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ABSTRACT
Calcium is one of the most essential minerals in the body, available through diet. Dairy products are the richest source of calcium but not liked by everyone. Therefore, there is need to explore more calcium rich indigenous foods and their use in diet. The present study was undertaken with the objective of formulation of recipes rich in calcium. Three recipes of calcium rich Ladoos namely Khus khus coconut ladoo, Til ladoo and Paushtik ladoos were formulated. Sensory evaluation of these recipes was also done. Among the formulated recipes khus khus coconut ladoos were having highest calcium content. The overall acceptability of khus khus coconut ladoos was highest (8.5±0.527) followed by til (7.8±0.632) and paushtik ladoos (7.7±0.483). These recipes ascertain better availability of essential mineral like calcium from sources besides dairy products and help to meet the RDA.

KEY WORDS: Indigenous food, Calcium, Sensory evaluation

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