

# **DEVELOPMENT OF IRON-RICH BEETROOT LADDU FOR PREGNANT WOMEN**

**Dissertation for the Degree of Master of Science**

**Foods and Nutrition**

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**Abstract:** Laddu was developed by incorporating beet, milk, sugar, satavri, black seesme seeds. and Almond while other cookies were developed incorporating beet, milk sofe, suger, Satavri, and Almond in it. This study was conducted to determine the acceptability of both the iron-rich laddu through sensory evaluation and laboratory analysis of the laddu. In sensory evaluation, scorecards and hedonic rating rates were given by panel members about the acceptability of laddu for three different variations. The sensory results revealed that according to texture and taste, Sample 1 was not much liked by panel members while Sample 2 was not much liked by panel members, and Sample 3 was selected to send to the laboratory for analysis of iron content in it.

In laboratory analysis, per 100 gm laddu 100 mg iron content was found which was a very good result of iron content in it. After that randomly 20 samples were selected for tasting the laddu and to knowing their feedback. According to them also this healthy iron-rich laddu was the best option against different laddu.

**Keywords:** Nutrition, Iron, Laddu, Anthropometry. Dietary intake, satavri