

A Study of Food Fortification with Ragi for Calcium and Iron Deficiency

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

Zohra Khan

Under the Guidance of

Dr. Neeta Chaudhari

Asst. Professor

Department of Home Science

Children's University, Gandhinagar

Year:2020-21

Abstract: As per my studies and information that I get shows that ragi is a good source of calcium and iron, also spirulina is a good source of multivitamin in India which is the agriculture nation and largest producer of millets. As per the studies carried by scientist there is huge need for treatment of cholesterol related diseases, awareness and child feeding and nutrient supplementation. The present investigation is carried out for the formulation of finger millet (Ragi) cookies. This research work aimed at development and innovation of cookies fortified with Ragi flour. Ragi is the richest source of calcium and magnesium than other millets. For the formulation of cookies refined wheat flour and Ragi flour taken in the ratio of 90:10, 80:20 and 70:30 respectively. The sensory evaluation is carried out by semi-trained panel members to find the consumer acceptability of the prepared cookies. Chemical analysis carried out to determine the nutritional content of the finger millet cookies. It was observed that the cookies prepared with 20% of Ragi were acceptable. The optimized Finger millet cookies had Protein (6.13%), Fat (21.13%) and Carbohydrate (60.13%). The prepared cookies are affordable for consumption.

Keywords: calcium and iron, awareness and child feeding, nutrient supplementation