



RESEARCH ARTICLE.....

Optimization of (Ragi) finger millet and whey protein concentrate level in weaning food

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ABSTRACT..... Ragi is one of the main crops of Karnataka. Whey is rich in lactose, whey proteins, water soluble vitamins and minerals. Apart from nutrients, whey proteins are also potential ingredients in a wide range of food applications due to their excellent nutritional and promising functional properties. The presently available commercial weaning foods are focused mainly on nutritional requirements but not much on any of the health benefits. Hence, a study was undertaken to develop a technology for formulation of functional weaning foods. The malted wheat flour used in the formulation was replaced with malted Ragi at various levels and similarly malted green gram was replaced with various levels of WPC. With increase in the level of Ragi malt from 0 to 50 per cent replacement there was significant improvement in the scores pertaining to sensory attributes thereafter the scores decreased. With increasing in the level of WPC there was significant improvement in sensory acceptability of the product up to a level of 30 per cent replacement. Substitution of green gram protein with WPC had significant effect on overall acceptability attribute up to 30 per cent. From the study it was concluded that the best quality weaning food could be prepared with the blend containing the blend of wheat and Ragi at the ratio of 50:50 and with the Green gram substitution with WPC up to 30 per cent level without affecting the acceptability of the weaning food. The morbidity and mortality encountered in infants could be counteracted effectively by feeding Ragi and whey protein containing functional weaning foods.

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