

FORMULATION OF CEREAL BASED MIX FOR PREGNANT LADIES

A dissertation submitted to the
Faculty of Animal Science and Export Agriculture
Uva Wellassa University
In partial fulfillment of the requirements for the award of
Bachelor of Science in Export Agriculture

By
VIRUBINNYA ROOPASINGAM

**Export Agriculture Degree Programme
Faculty of Animal Science and Export Agriculture
Uva Wellassa University of Sri Lanka**

2015

ABSTRACT

Pregnancy nutrition is essential to a healthy baby, Right choice of the nutrition food is very important for during the pregnancy period. Cereals contain high amount of nutrition value. Main Objective of this study was to supplement of nutrition for pregnant ladies and the specific objective was to develop an efficient method for a value addition of cereal. The formulation of Cereal Based Mix produce by using locally available cereals. The formulation of Cereal Based mix contain corn, soya, red rice, black gram and sesame. Three different formulation cereal based mix prepared out of three formulation selected best formulation by using the sensory evaluation procedure. After that analysis the selected formulation nutritional value, physicochemical and microbial properties. The selected formulation contain corn 50%, soya 30%, red rice 10%, black gram 9% and sesame 1%. The selected best formula compare with Thripasha. Proximate composition was analyzed according to AOAC official method. According to the physicochemical analysis the selected best formulation of cereal based mix contain high amount protein, fat and fiber than Thripasha. The shelf life evaluation of the product was around four month.

Key words: Black gram, Cereal Based Mix, Red Rice