

Formulation and Nutrition Analysis of Low-Sugar Snack Bars

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Abstract : Low-sugar snack bars were formulated with 3 main formulas depending on the main ingredient, which were peanut-green bean-sesame, apple, and prune. The most acceptable formula of each group was obtained by sensory evaluation using a nine-point hedonic scale. The moisture content, total ash, protein, fat and fiber were analyzed by the standard methods of AOAC. The peanut-mung bean-sesame snack bar showed the highest protein content (88.32%) and total fat (0.48%) with the lowest of fiber content (0.01%) while the prune formula showed the lowest protein content (71.91%) and total fat (0.21%) with the highest of fiber content (0.03%). This result indicated that the prune formula could be used as diet food to assist in weight loss program.

Keywords : low-sugar snack bar, diet food, nutrition analysis, food formulation

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