



11<sup>th</sup> Pak Pharma Healthcare Expo

## 3rd Pakistan Food -Nutrition International Summit 2022

Wednesday - December 21-22, 2022

Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



### Conference Abstract

## A SYSTEMATIC REVIEW OF STEV-BARLEY BISCUITS TO IMPROVE NUTRITIONAL QUALITY AND HEALTH BENEFITS

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#### History:

Received: December 5, 2022  
Reviewed: December 13, 2022  
Accepted: December 17, 2022  
Published: December 20, 2022  
Collection year: 2022  
Status: Published

#### Identifiers and Pagination:

Year: 2022  
Volume: 7  
First Page: 3  
Last Page: 4  
Publisher Id: AdvFoodNutrSci.7  
DOI: <http://dx.doi.org/10.21065/AdvFoodNutrSci.7>

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#### Citation:

Hiba Naveed. A Systematic Review of Stev Barley Biscuits to Improve Nutritional Quality and Health Benefits Glance at the Importance of Food Security and Fortification. Adv Food Nutr Sci. Vol. 7. 2022. p 3-4.

#### Funding:

The authors received no direct funding

#### Abstract

Biscuits are a convenient food product that is becoming increasingly popular among urban and rural populations around the world. Biscuits are the most popular cereal-based bakery, and sugar is an important component of biscuits, providing a distinct flavour, colour, and texture. However, sugar consumption has been linked to potential health risks. As a result, there is potential to replace sugar with a natural non-caloric sweetener while retaining all sensory and storage qualities of the biscuits. Low calorie and high fibre content biscuits are more popular among biscuit consumers than other types of biscuits. The physicochemical, functional, and sensory properties of biscuits were evaluated. When compared to those made from 100% barley flour, all of the blended samples had higher fibre, fat, ash, carbohydrate, and mineral contents. Stevia and inulin were the most commonly used sugar and fat substitutes, respectively. Stevia has numerous health benefits and is on its way to becoming the ultimate natural sweetener in the food industry). It is anti-hyperglycemic, anti-hypertensive, anti-caries, and lowers LDL, raises HDL, cures inflammatory bowel disease, lowers obesity, and promotes cardiovascular health (Gandhi et al., 2018). Stevia leaf extracts have recently been approved for use in foods and beverages in over 150 countries worldwide. In terms of organoleptic characteristics, the biscuit made with barley flour and stevia powder performed best and received the highest score in (organoleptic) evaluation (color & appearance, body & texture, flavour & taste, overall acceptability). Biscuits are typically made with wheat flour rather than barley flour. Because people are unaware of the health benefits of barley

for this research.

**Competing Interests:**

The authors declare no competing interests

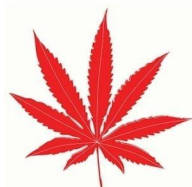
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flour. The -glucan is a very important fibre found in barley grains that has very potential health benefits for people who are deficient in dietary fibres (Bae et al., 1997). As a result, many new eatable things can be made from barley grain flour. The -glucan fibre is extremely nutritious for humans.

**Keywords:** : biscuit formulation, stevia powder, sugar substitute, textural properties, barley flour, health benefits.

**Declaration**

The abstract is reviewed and accepted by the Conference Organization Committee of 11<sup>th</sup> Pak Pharma Healthcare Expo. The presenter was permitted to share his research after final approval of the committee. The scientific research information was presented at 3<sup>rd</sup> Pakistan Food -Nutrition International Summit 2022 held on December 21-22, 2022 at Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan. Hence, the journal is publishing this abstract on behalf of the aforesaid Conference Organization Committee.



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