

# Sensory evaluation of value added products using nutrimix beneficial for diabetes

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In the present study a nutrimix was developed which is beneficial for diabetic patients. This nutrimix has anti hyperglycemic as well as anti hyperlipidemic properties. The nutrimix includes easily available indigenous food items which are packed with phytonutrients and fibre having antidiabetic properties. As diabetes has become a major health problem, now it is a necessary to tackle it multidimensionally. Apart from regular exercise, diet and medicines when this nutrimix was introduced as a part of regular diet it helped in reducing sugar and lipid levels in diabetic patients. The nutrimix is a combination of cereals, condiments and novel items. To prepare the nutrimix each ingredient was processed accordingly then mixed together in various proportions to find out the best and most acceptable formulation. To make the consumption of nutrimix easy and regular it was incorporated in various daily consumed recipes and subjected to sensory evaluation on a 5 point hedonic scale. Nutrimix was incorporated in items like *Idly*, *Dosa*, *Chapatti*, soup, curry (as thickening agent). Nutritive value of the recipes was also calculated. All the items enriched with nutrimix were well received by the panel on the various sensory parameters.

**Key Words :** Sensory evaluation, Nutrimix, Diabetes

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