

"PANT HIGH FIBRE SOUP STICKS"

Today the health professionals are emphasizing the need to increase the fibre consumption to deal with many health risks. There is great opportunity to enhance the market with different choices of fibre rich bakery products with good nutritional content. Therefore soup sticks with incorporation of cowpea husk was designed as a health food. The Pant High Fibre Soup Sticks made from Cowpea husk is a wonderful bakery product which will add variety to the choices of nutritious high fiber foods for patients as well as healthy people who desire to a healthy lifestyle. Cowpea husk was derived as a by-product of the processed pulse. The husk can be used as an ingredient in preparation of ready to use therapeutic foods (RUTF) designed for specific, usually nutritional, therapeutic purposes as a form of dietary supplement. Cow pea husk being rich in various antioxidants are of particular interest as they are seen to lower levels of non- communicable diseases such as cancer.

Cowpea husk contains phenolic compounds that are beneficial to human health. The Total Phenol, Total Flavanoid and Antioxidant Activity of cowpea husk protect cells from oxidative stress which has been described in the etiology of various degenerative disorders in humans. Flavonoids present in husk are especially beneficial for cardiovascular health. The antioxidants found in the husk seek out and neutralize free radicals within the body, which cause chronic illness and cellular mutation. Therefore it acts as a detoxifying agent protecting the immune system. As the husk is rich in fiber too, it has a positive effect on health as fiber leads to decreased incidence of several diseases. RUTFs incorporated with cowpea husk can potentially reduce the oxidative stress burden in humans.

Earlier Cowpea husk was mostly used as an alternative feed resource by the livestock industry to supplement feeds for ruminants mostly during dry seasons. It was observed that the cowpea husk when used as fodder brought about a good gain in weight. Small incorporation of husk in human food can have health benefits. Husk obtained after the dehulling of cowpea seeds have a good nutritional content. Because of its good fibre content, cowpea husk has beneficial effects on blood cholesterol. It also aids in prevention of bowel disease. In case of diabetics, fibre content improves glucose tolerance.

Advantages:

1. Pant High Fibre Soup Sticks made from cowpea husk are ideally suited for patients suffering from constipation.
2. These soup sticks provide choices of nutritious high fiber foods for healthy people also.
3. These high fibre soup sticks add variety to the diet.
4. These soup sticks are made from cowpea husk which is rich in fibre and in case of diabetics, fibre content improves glucose tolerance
5. These have good organoleptic properties.
6. Cow pea husks that generally go waste may be utilized for preparing value added Soup Sticks.