



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor (RJIF): 8.4
IJAR 2024; 10(8): 160-162
www.allresearchjournal.com
Received: 03-06-2024
Accepted: 05-07-2024

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To develop the product, enrich in natural protein for athletic runners & adaptive fitness person and performing sensory analysis with K.A.P method to know its acceptability

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Abstract

The study was undertaken “To develop the product enrich in natural protein for athletic runners & adaptive fitness person by performing sensory analysis with K.A.P method to know its acceptability”. It aimed to developed the different recipes enriched in natural sources of protein using standardization method & to know their acceptance level. The various developed products were Cracker Bar, Soya Oats Muffin, Soya Chickpea Cookies, Soya Almond Brownie, Soya Sesame Dry Cake, Soya Quinoa Pizza, Bottle Gourd & Quinoa Pizza Sauce, Sprouted Yogurt Smoothie respectively. Nutritive Value & cost calculation were evaluated to make awareness regarding the natural sources of protein and the benefits of the natural protein by developing various recipes enriched in natural protein. The method used for evaluating the recipes were 9-point Hedonic Scale Method Sensory Evaluation of the prepared products were done by the overall acceptability of the prepared products. After the evaluation of the questionnaires data, it was observed that artificial sources of protein were more preferred by the subjects as compared to natural source of protein due to lack of knowledge regarding the side effects of steroids.

Keywords: Natural, smoothie, source

Introduction

Sports Nutrition mainly deals with the consumption of major nutrients like – Carbohydrates, Proteins, Fats that are in the category of macronutrients and required in the sufficient amount whereas Vitamins, Minerals, Fluids are come under micronutrients that need in small amount. Every nutrient performs different function to fulfill the basic requirement and optimizing the performance of the Athletic Runner & Adaptive Fitness Person.

Methodology

The Experimental Method was used for the research work. In this study, the development of products using natural sources of protein as the replacement of protein supplements especially for the Athletic Runner & Adaptive Fitness Person, the nutritional value estimation of the developed products was done and organoleptic evaluation was conducted to access the acceptability of the products.

Locale of the Study

The subjects were taken from the Abhiraj Dhama Sports Academy in Barkatpur, District Bulandshar.

Sample Size

The sample size of 30 members was taken for the study.

- The subjects were Athletic Runner & Adaptive Fitness Person.
- All subjects were Male & willing to participate.

Tools and Techniques

- ❖ **Questionnaire-cum-Interview Schedule** to collect information from subjects.

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❖ **9-Point Hedonic Scale Method** to check the like and dislike level of the products.

Results and Discussion

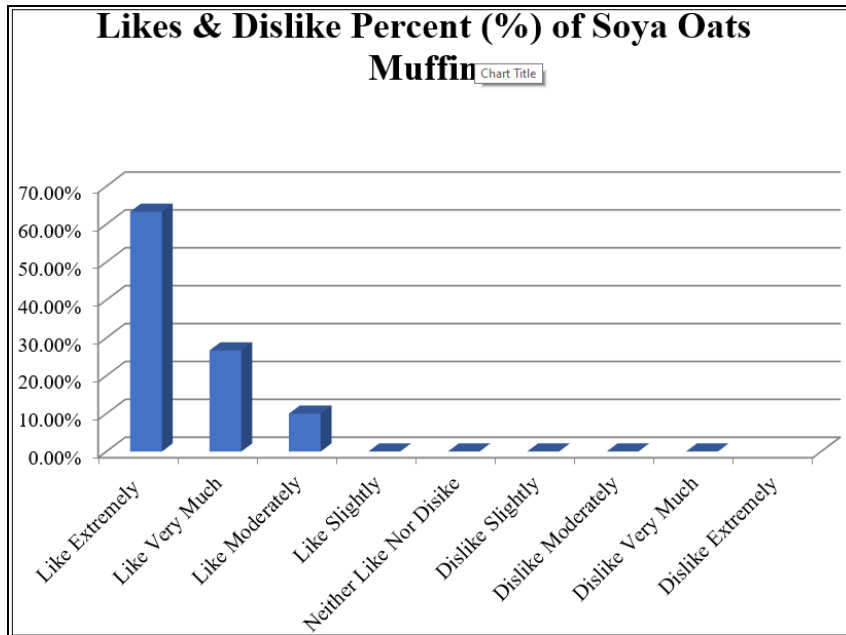


Fig 1: Hedonic Rating of Soya Oats Muffin (N=30)

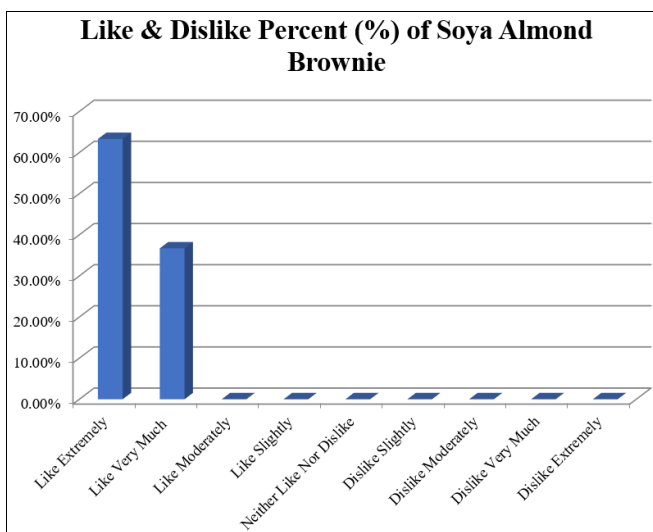
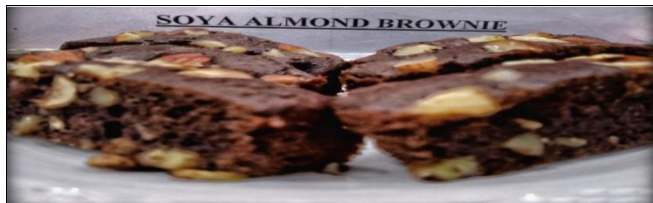


Fig 2: Hedonic Rating of Soya Almond Brownie (N=30)

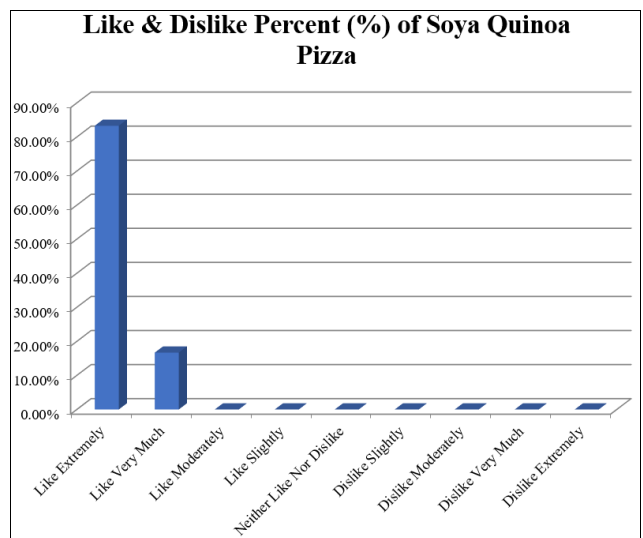


Fig 3: Hedonic Rating of Soya Quinoa Pizza Muffin (N=30)

Conclusion

The sample consist of 30 subjects. The subjects were taken from the Abhiraj Dhama Sports Academy in Barkatpur, District Bulandshar.

Firstly, all the protein enriched products were decided & developed. After the preparation of developed products, these products were taken to the locale of this study. These products were tasted by the panel members & the acceptability of these products by the subjects. After the sensory evaluation of all developed food products. It can be concluded that Soya Quinoa Pizza was the most liked product in average. Though, they were satisfied by the quality of all developed products but every subject had their preferable products. Subjects gave their opinion & views on all developed products. All the data was collected & evaluated later. Questionnaire were also formulated to assess the knowledge of the subjects through Google forms. The data of questionnaire was also collected & evaluated. After the evaluation of questionnaire data was observed that artificial sources of protein were more preferred by the subjects as compared to natural sources of protein due to lack of knowledge regarding the side effects of steroids.

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