



Nutri – Idli : A Modified Product

Afaaf Shaikh	MSc. Dietetics & Food Service Management, (Indira Gandhi National Open University), Study Centre Code – 49045P
Mariya Nomi	MSc. Dietetics & Food Service Management, (Indira Gandhi National Open University), Study Centre Code – 49045P
Riya Parmar	MSc. Dietetics & Food Service Management, (Indira Gandhi National Open University), Study Centre Code – 49045P
Regina Pinheiro	MSc. Dietetics & Food Service Management, (Indira Gandhi National Open University), Study Centre Code – 49045P
Richa Sharma	MSc. Dietetics & Food Service Management, (Indira Gandhi National Open University), Study Centre Code – 49045P
Trupti Badiyal	MSc. Dietetics & Food Service Management, (Indira Gandhi National Open University), Study Centre Code – 49045P
Dr. Rupali Sengupta	MSc. Dietetics & Food Service Management, (Indira Gandhi National Open University), Study Centre Code – 49045P

KEYWORDS : Nutritional Composition, Pumpkin Incorporation, Antioxidant, Dietary Fiber, Vitamins, Minerals, Phytochemicals



A modified product Nutri idli, was developed for all age groups. Traditional Idli is a steamed savoury cake that is consumed in the Indian subcontinent and Sri Lanka. The Traditional recipe was modified to make the snack more nutritionally dense. It includes the fermentation process which breaks down the starches into simple sugars which is readily metabolized by the body.

Nutri idli was prepared by adding Cereals such as Parboiled rice, Maize, Jowar, combined with Pluses like Black Gram dal, Green Gram dal, Bengal Gram dal, which also includes Pumpkin. The Nutri Idli was stuffed with Boiled Green Gram Sprouts. The accompaniment served was Lady Finger chutney which included ingredients like Lady Finger, Groundnut, Jeera, Garlic, Green Chilly and Salt.

HEALTH BENEFITS:

Whole grains are recognized as important source of fiber, trace minerals and vitamins. Research suggests that diets containing whole grains are helpful in prevention and reducing the risk of coronary heart disease (CHD), type 2 diabetes mellitus (T2DM), certain types of cancers and obesity.

Pulses provide protein and fibre, as well as a significant source of vitamins and minerals, such as iron, zinc, folate, and magnesium. In addition, the phytochemicals, saponins, and tannins found in pulses possess antioxidant and anti-carcinogenic effects. It also improves serum lipid profiles and positively affects several other cardiovascular disease risk factors, such as blood pressure, platelet activity, and inflammation.

Red Pumpkin is one of the best known source of Antioxidant Beta-carotene (Precursor of Vitamin A). Observational epidemiologic studies suggests that consuming high dietary levels of fruits and vegetables containing B-carotene have a lower risk of certain types of cancers and cardiovascular diseases.

Lady finger is laxative, diuretic and anti-inflammatory in nature. It has many nutritive elements in it like -Dietary fibre, Zinc, Potassium etc.

Being rich in fibre it helps to normalize the blood sugar; it absorbs the excessive sugar from blood and balances the level.

Groundnuts are nutrient dense foods containing unsaturated fatty acids and other bioactive compounds: high-quality protein, fiber, minerals, tocopherols, and phenolic compounds.

Garlic and its preparations have been widely recognized as agents for prevention and treatment of cardiovascular diseases. Garlic consumption has significant effects on lowering blood pressure, prevention of atherosclerosis, reduction of serum cholesterol and triglyceride, inhibition of platelet aggregation etc.

Green Chilly contains high amounts of the antioxidant beta-carotene, and it also contains B-complex vitamins, Vitamin E, iron and potassium.

Nutritive Value of Traditional Idli per serving is:

(2 Idlis with Chutney)

Energy: 69kcal, Protein: 4gms, CHO: 8gm.

Nutritive Value of Modified Nutri Idli per serving is:

(2 Idlis with Chutney)

Energy: 166kcal, CHO: 28gms, Protein: 7.2gms, Calcium: 36.7mg, Beta Carotene (Vitamin A): 29.7micro-grams.

REFERENCE:

1. Whole Grains and Health: Perspective for Asian Indians-A Misra*, Kavita Rastogi**, Shashank R Joshi.
2. Nutritional and health benefits of pulses. Mudryj AN1, Yu N, Aukema HM.
3. Health Benefits of Traditional Corn, Beans, and Pumpkin: In Vitro Studies for Hyperglycemia and Hypertension Management -To cite this article: Y.-I. Kwon, E. Apostolidis, Y.-C. Kim and K. Shetty. Journal of Medicinal Food. July 2007, 10(2): 266-275. doi:10.1089/jmf.2006.234.
4. Lack Of Effect Of Long Term Supplementation with Beta Carotene on the Incidence of Malignant Neoplasms and Cardiovascular Disease: Charles H.Hennekens, M.D., Julie E. Buring, Sc. D., JoAnn E. Manson, M.D., Meir Stampfer, M.D., Bernard Rosner, Ph.D., Nancy R. Cook, Sc.D., Charlene Belanger, M.A., Frances LaMotte, B.S., J. Michael Gaziano, M.D., Walter Willett, M.D., and Richard Peto,FR.S/ N Engl J Med 1996; 334:1145-1149 /May2,1996/ DOI:10.1056/ NEJ 199605023341801.
5. Health Benefits of Nut Consumption-Emilio Ros
6. Garlic: a review of potential therapeutic effects Leyla Bayan, 1 Peir Hossain Koulivand, 1 and Ali Gorji1, 2,*
7. National Institute of Nutrition: Indian Council of Medical Research, Hyderabad-500 007, INDIA.