THE SENSORY ANALYSIS OF COOKIES WITH HIGH CONTENT OF DIETARY FIBRE.

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Dietary fiber is among the most important components of alimentation in the prevention of chronic diseases. Flours and grains are sources of dietary fiber. Considering the functional potential of these ingredients, the purpose of this study was to produce sensory acceptable homemade cookies with such ingredients. Homemade cookies were made at Laboratório de Técnica Dietética/Departamento de Nutrição and then submitted to sensory analysis. The acceptance analysis was made by 184 untrained tasters, randomly invited at UFJF’s Campus. In this analysis the global impression of the product was measured according to a five category hedonic scale (“disliked a lot-1” to “liked a lot-5”) as well as the acceptance concerning the attributes flavor, aroma, texture and color, using a 9cm non structured hedonic scale (“disliked a lot-0” to “liked a lot-9”). The centesimal food composition was estimated. The weight of the cookies was standardized to 20g in a portion of three units. Among the evaluators, 151 were women and 33 men, with ages between 18 and 51 years old. The global evaluation showed an average of 4.3 points (“liked-4”). It was found that the cookies had a good acceptance in what concerned flavor (7.3 points), aroma (7.1), texture (6.2) and color (6.9), for both genders. Each portion presented 6.0g of fiber. According to the adequate ingestion of fiber the established portion meets respectively 23.8\% and 15.7\% of the daily need for an adult women and men. The cookies presented a good acceptability in all the evaluated attributes and can be classified as food sources of dietary fiber.