GUAVA LAMINATES (*Psidium guajava* L.): A FUNCTIONAL FOOD

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Fruits and their derived products contain micronutrients and bioactive components with beneficial health effects, thereof the importance of promoting their consumption. Guava (*Psidium guajava* L.) is a fruit produced nationally with high acceptability. Therefore, its laminates were developed using guava pulp, enriched with inulin and calcium. The pulp was then combined with sucrose and fructose to a 85:10:5 ratio. Two levels of inulin (0.5 and 1.0 g/100g) and calcium lactate (0.8 and 1.0 g/100g) were subsequently added. A total of four treatments were selected by means of a design of randomized blocks. Furthermore, the mixture was dried in trays at 60°C until 15% of moisture remained. The acceptability of each treatment was determined using an unstructured hedonic scale with 100 consumers. Color, moisture, sweetness and acidity attributes were moderated with a scale “just all right” of 3 points, and were also evaluated by an analysis of penalties. The acceptability of the laminates was located between 6.6 and 7.2 with a maximum of 10. The contribution by ration of the product categorizes it as a source of carbohydrates, calcium and dietary fiber. These guava laminates represent an innovating tool to diversify and to motivate consumption of fruits and bioactive components to help to prevent diseases.

Key words: Guava, laminates, inulin, calcium, sucrose