

Enhancing whole grain, fiber, and iron content of pancakes: Impacts on quality attributes and adult receptivity

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ENHANCING WHOLE GRAIN, FIBER, AND IRON CONTENT OF PANCAKES: IMPACTS ON QUALITY ATTRIBUTES AND ADULT RECEPTIVITY. A.M. Hayes and S.C. Howe, Henrietta Schmoll School of Health, Department of Nutrition and Exercise Sciences, St. Catherine University, St. Paul, MN

The 2010 Dietary Guidelines recommend that individuals increase their daily intake of whole grains and fiber, as research has shown these dietary practices help reduce the risk of high blood pressure, coronary heart disease, and diabetes. Iron deficiency is the most common nutrient deficiency in the world, and maintaining appropriate levels of iron is of particular concern for women who are capable of becoming pregnant. The purpose of this project was to develop a pancake product which contains more whole grains, fiber, and iron to address recent health concerns. A baseline pancake recipe was modified with soy milk, sorghum flour, and teff grain in varying ratios and preparation methods to formulate the best combination of all three into one pancake product. Sensory panelists from the Department of Nutrition and Exercise Sciences at Saint Catherine University evaluated the baseline and enhanced pancakes for appearance, tenderness, taste, texture, and overall likeability on a hedonic scale of 1 ("very poor") to 7 ("excellent"). Preliminary findings indicate a pancake version can achieve acceptable taste while providing 10 percent of the recommended values for both iron (18 g) and dietary fiber (25 mg) for women of child-bearing years. Further research is needed to develop a nutritionally superior pancake with improved sensory characteristics of appearance and texture through further manipulation of modified ingredients.