



FOOD NATURAL REMEDY FOR MALNUTRITION IN TRIBAL AREAS: SOY COOKIES

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Abstract: Soybean seeds are rich source several health improving phytochemicals naturally these are important for nutritional and pharmaceutical. Sweet soy cookies prepared by traditional method by full fat soy flour (FFSF) blend with 10 percent sabudana flour remaining ingredients mixed before dough development, baked in oven. Sensory evaluation was carried out by using 9 point hedonic scale. The most limiting factors activity reduced significantly high after till 30 min autoclaved seeds. detoxified full fat soy flour contain good quality proteins and all essential amino acids, pharmaceutical peptides, sugars, fats and ash contents. Total flavonoids and phenolics are significantly increased during processing. Saponin, lipoxigenase, peroxidase and trypsin inhibitors are decreased significantly.

Keywords: Malnutrition, tribal, soy cookies.

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Health is a major concern for all societies. Well-known health is wealth and wealth is the key to a

good health. Forests have been destroyed heavily in the last five decades, reducing these so health full natural products availability lacking one-healthy population to victims of malnutrition and several diseases in tribal areas of M.P. Majority of the rural common men are poor and lack in awareness about resources necessary for maintaining a good health.

Soybean contain several natural products are important for pharmaceutical and nutritional, health enhancement as therapeutic, several health benefits, long term health care, effective for treating diseases, improve health (Table 1). Presence of bioactive NP's does specific body functions, soy food dietary supplements and growth stimulator.

Soybean seeds contain dominantly NP's compounds proteins, biologically active peptide like lunasin, AA's, carbohydrates, sugars, fats, FA' and minerals. Dominantly compounds like(Messina1995) alkaloids, carotenoids, saponins, phenolics, tannins, terpenoids, glucosides, phytosterol, steroids, lignins, lecithin, flavonoids, and isoflavones genistein phytoestrogen found only in soybeans seed so known as medicinal food, vita food, phytochemical, myochemical and pharma food (Krupa 2008).

Biochemically, food is any nutritious substances or material, usually of plant or animal origin that contains of

essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals, ingested and assimilated by organism to produce energy, stimulate growth, maintain life and produce progeny that people eat nutrients to maintain life and growth (Walf1975).

Nutrients	General Health benefits
Protein	Lowers blood cholesterol
Carbohydrates	Relaxes constipation, Good for diabetics
Fat	Prevents cardio-vascular diseases
Mineral	Overall health promotion
Vitamin	Overall health promotion
Water	Activation of all metabolites

METHODOLOGY

Experimental techniques, processed on 120 ±1°C under 15±1psi pressure for preparation of detoxified full fat soy flour and develop soy cookies products.

Experimental Material

Five varieties used as JS-20-29[V1], JS-20-34[V2], JS-97-52[V3], JS-93-05[V4], and JS-95-60[V5].

Processing

Low cost Processing technique by autoclave Treatment T1:10min, T2:20min, T3:30min autoclave and T4 sprouted seeds. Chemical analysis was done as per AOAC (2007). Results are given only T3 treatment of average of triplicates.