

Conference Abstract

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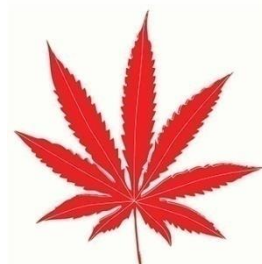
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Conference Abstract

NUTRITIONAL COMPOSITION OF VARIOUS TEA WHITENERS AVAILABLE IN PAKISTANI MARKET

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Consent for publication: Author is agreed to submit this abstract for publication in this research journal.

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Key words: Tea Whitener, Nutritional Composition, Food Labeling

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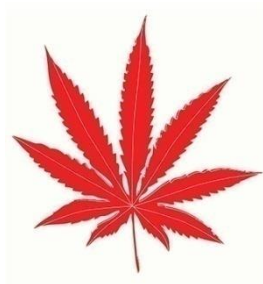
ABSTRACT

Background: Tea whiteners have been long used worldwide to add color and flavor to various beverages such as coffee, tea or hot chocolates. However, according to the recent researches, they have been rendered unhealthy for regular consumption by masses.

Methodology: The current study was a survey conducted in local Pakistani market to evaluate the nutritional composition of various tea whiteners available. Thirteen most famous and sought after brands were chosen and analyzed for total calories per serving, fats, protein, carbohydrate and mineral content.

Results: The results of the survey showed that the number of calories provided by one serving (100 ml) of tea whitener varied from 78 to 83 for the majority of brands with the exception of one brand which gave 492 calories per serving. Mean carbohydrate content was found to be 7.17 ± 12.58 grams per serving while mean fat content was determined to be 8.04 ± 5.39 grams per serving of tea whiteners. As far as the protein content was concerned, an average of 2.37 ± 3.94 grams per serving was present in various tea whiteners. Mineral content was somewhat similar across all the brands and showed only slight variation with an average of 0.38 ± 0.14 grams per serving.

Conclusions: The study revealed that significant variation existed in the number of calories provided by one serving of tea whiteners and similar was the case with carbohydrate and fat content. In this regard, it is recommended that customers should be cautious enough to read the food label thoroughly before purchasing tea whiteners.



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