



Conference Abstract

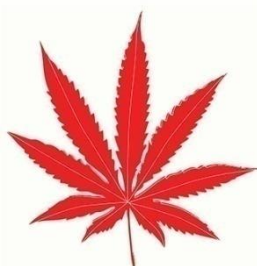
http://dx.doi.org/10.21065/AdvFoodNutriSci.5.2.2020

10th Pak Pharma & Healthcare Expo

International Conference on Pharma, Food & Healthcare

Tuesday –Thursday, February 11-13, 2020

Expo Center, Lahore, Pakistan.



Corresponding author:

Abdul Momin Rizwan Ahmad
University Institute of Diet and
Nutritional Sciences, The
University of Lahore, Islamabad
Campus, Islamabad-Pakistan
P: 0300-5332253
E: abdul.momin@ahs.uol.edu.pk

Citation:

Abdul Momin Rizwan Ahmad,
Umar Farooq, Maria Anwar.
Nutritional Composition of Various
Packaged Dried Chips Available in
Pakistani Market, Adv Food Nutr
Sci. Volume.1.2020 p.01-02

Funding:

The authors received no direct
funding for this research.

Competing Interests:

The authors declare no competing
interest's

Additional information is available
at the end of the article

Conference Abstract

NUTRITIONAL COMPOSITION OF VARIOUS PACKAGED DRIED CHIPS AVAILABLE IN PAKISTANI MARKET

Abdul Momin Rizwan Ahmad, Umar Farooq, Maria Anwar

University Institute of Diet and Nutritional Sciences, The University of Lahore, Islamabad Campus, Islamabad-Pakistan

ABSTRACT

Background: Dried chips are among the most commonly consumed snacks in Pakistan not only by children but also by adults. Despite the fact that they are consumed in large amounts, they pose several health hazards. The major objective of the present research was to determine the nutritional composition of various packaged dried chips available in the local market.

Methodology: Eight most sought after brands of dried chips were chosen and analyzed with regards to their nutritional composition.

Results: The results showed that one serving of dried chips (30 grams) provided 149.62 ± 19.10 calories. Moreover, one serving of dried chips contributed to 14.99 ± 4.14 grams of carbohydrates while 2.05 ± 3.63 grams of sugars. Fats provided by one serving of chips were calculated to be as 7.40 ± 3.63 grams. An alarming figure was that only one serving of dried chips contributed to 3.44 ± 1.94 grams of saturated fats. Moreover, a serving of chips provided 1.99 ± 0.82 grams of protein while only 0.82 ± 0.57 grams of fiber. Likewise, a high amount of sodium per serving was seen to be contributed by a serving of chips, which was 205.60 ± 37.43 mg.

Conclusions: The study demonstrated that the dried chips were not high in calories but also contributed to lots of carbohydrates and saturated fats. Moreover, the fiber content provided by chips was almost negligible.

Key words: Dried chips, Snacks, Nutritional Composition, Health Hazards, Saturated Fats.