

Conference Abstract

**FRUITS & VEGETABLES PROCESSING WASTES AND BY-PRODUCTS:
POTENTIAL INGREDIENTS TO IMPROVE NUTRITIONAL QUALITY OF
THE BAKED PRODUCTS**

Waseem Khalid¹, Muhammad Zubair Khalid¹, Muhammad Rehan²

¹Institute of Home and Food Sciences, Government College University
Faisalabad¹, Pakistan

²Institute of Agricultural Sciences, Punjab University, Pakistan

ABSTRACT

The industrial food processing (fruits and vegetables) produces nearly 50% waste products, causing a bad environmental impression and significant economic burden for disposal. Nevertheless, certain fruit and vegetable processing wastes and by-products (FVWB) are rich in nutrients and extra nutritional combinations that add to entrails wellbeing, weight the executives, lower blood cholesterol levels and control glycemic and insulin reactions. The fibers and bioactive compounds in these wastes and by-products show positive influence during digestion of glycemic sugars, for example, starch. However, consumers need comprehension of FVWB's comprehension of the physical structure and piece and the impact on their nourishment quality. The motivation behind this review is to give a mechanistic understanding of the impacts of the physical structure and arrangement of FVWB on common baked goods and their impact on the healthful and physical nature of the resulting product. This review will assist with utilizing FVWB as a perfect segment by expanding the estimation of waste streams.

Keywords: Starch, fiber, by-product, bread.

Corresponding author:

Waseem Khalid Institute of Home
and Food Sciences, Government
College University Faisalabad,
Pakistan
P: 0302-4859775
E: rehanbashir77@gmail.com

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