

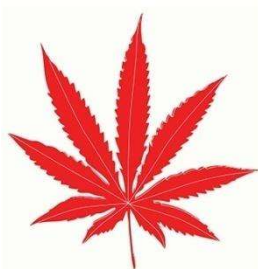


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3rd Pakistan Food -Nutrition International Summit 2022

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Conference Abstract

REVIEW ON ROASTED DATE SEED NON CAFFEINATED COFFEE POWDER AS A POTENTIAL REPLACEMENT

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Abstract

Date pits are a major waste product of the date industry that has the potential to be the richest material for industrial use due to bioactive compounds and polyphenols that make it a unique food ingredient. Date pits are regarded as an excellent and rich source of waste product as food ingredients that can be used in food applications because they are high in dietary fibre. It was reported that date pits can be used as an excellent source of functional foods components in the human diet. Furthermore, date seed powder is used in some traditional medicines that are more concerned with human potential health benefits and growth. The nutritional and phytochemical content of date pits from various geographical origins has now been well established. Using date pits in some food applications by some rural communities, such as making cookies that are higher in fibre than wheat flour with the same ingredient, and caffeine-free coffee that can substitute for Arab coffee, which has recently been introduced in various markets. Coffee has some advantages, such as restoring mental health and wakefulness during fatigue. Date seeds have a high concentration of fatty acids, particularly oleic acid. Several extraction techniques are used to extract date seed oil. Date seed oil contains oleic, lauric, linoleic, and palmitic acid, the latter of which has a high oxidative stability. Linoleic acid is also required for good skin health. People who regularly consume a substance should be aware of the risks, and excessive caffeine consumption should be avoided. For those who drink a lot of coffee, roasted date seeds can be ground and used as an alternative. While

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some fruit pits can be toxic, date seeds are not only non-toxic, but they also have several health benefits. Date seeds coffee powder contains no caffeine, making it an excellent choice for those attempting to limit their coffee consumption.

Keywords: date pits, caffeine free, roasted seeds, health benefits, seed oil.

Declaration

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