

**FORMULATION AND STORAGE OF LOW CALORIE
CABBAGE (*Brassica oleracea* L. Var. capitata) -
LIME (*Citrus aurantifolia*) BLEND READY-TO-SERVE (RTS)
FUNCTIONAL BEVERAGE.**



BY

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ABSTRACT

In the last decades, special attention has been paid towards edible plants, especially those that are rich in secondary metabolites (frequently called phytochemicals) and nowadays, there is an increasing interest in the antioxidant activity of such phytochemicals present in diet. In this regard, functional foods play an important role, offering a new kind of health tool that promises specific effects related to particular food components. In recent years there has been a significant increase in consumer demand for low calorie products. Recent reports suggest that cruciferous vegetables act as a good source of natural antioxidants. Therefore, a research was conducted to formulate the low calorie cabbage-lime blend RTS functional beverage and to assess the quality attributes during storage.

Considering the results of preliminary studies six formulation of the low calorie functional RTS beverage were prepared by blending different ratio of cabbage and lime juice (27:3, 24:6, 21:9, 18:12 and 15:15) including control, where only cabbage juice was added. The prepared formulations were subjected to nutritional and sensory assessment after the formulation and during storage. Analyses were done at 2 weeks interval throughout the storage period. Nutritional parameters of titrable acidity, pH, vitamin c content, total sugar and total soluble solids and microbial studies were analysed for the low calorie RTS beverage. Sensory attributes of colour, aroma, taste, appearance and overall acceptability were evaluated by 30 semi-trained panelists using a seven point hedonic scale. The most preferred formulations including control were selected to storage studies. The formulations were stored at room temperature $30\pm 1^{\circ}\text{C}$ and 70.75% RH for 12 weeks.

The nutritional analysis of the fresh low calorie RTS beverage shown increasing trend in titrable acidity (from 0.32% to 1.3% as citric acid), vitamin C content (from 8.35mg/100g to 17.75mg/100g), total sugar (from 2.75% to 4.99%), total soluble solids (from 4.64 °Brix to 5.17 °Brix) with the increase of lime juice from 3% to 15%. The pH was reduced when the lime juice concentration increased. The sensory assessment of fresh low calorie RTS beverage revealed that there were significant ($p < 0.05$) differences among the sensory attributes according to Friedman Test.

Nutritional analysis of the stored RTS beverage revealed the declining trend in ascorbic acid, total soluble solids and pH and an increasing trend for total sugar, and titrable acidity. The nutritional analysis showed that there were significant ($p < 0.05$) differences among the formulations. The sensory assessment revealed that there were no significant differences among the sensory attributed following storage. The highest overall acceptability was observed in formulation with 18% cabbage juice and 12% lime juice and the all formulations were microbiologically safe.

Based on the quality assessment, sensory analysis and microbiological studies, the low calorie RTS functional beverage with 18% cabbage juice and 12% lime juice could be stored for 12 weeks without any significant changes and extend the shelf life, which also has no deleterious effect on consumers.

TABLE OF CONTENT

ABSTRACT.....	i
ACKNOWLEDGEMENT.....	iii
TABLE OF CONTENT.....	iv
LIST OF TABLES.....	xi
LIST OF FIGURES.....	xii
LIST OF PLATES.....	xiii
CHAPTER 01.....	1
1.0 INTRODUCTION.....	1
CHAPTER 02.....	5
2.0 LITERATURE REVIEW.....	5
2.1 Functional Foods.....	5
2.1.1 Definition of Functional Foods.....	5
2.1.2 Functional Food Production and Benefits.....	5
2.1.2 Functional Beverages.....	6
2.1.2.1 Beverage Consumption.....	6
2.1.2.2 Formulation of Novel Functional Beverages.....	6
2.2 Cabbage (<i>Brassica oleracea</i> L. var. capitata)	8
2.2.1 Taxonomy and Classification.....	8
2.2.2 Cultivars of Cabbage.....	9
2.2.3 Production and Global Distribution of Cabbage	9

2.2.4 Production and Distribution of Cabbage in Sri Lanka.....	10
2.2.5 Recommended Varieties in Sri Lanka.....	10
2.2.6 Maturity Indices of Cabbage.....	11
2.2.7 Harvesting.....	11
2.2.8 Nutrients and Phytochemicals.....	12
2.2.9 Phenolic Compound in <i>Brassica oleracea</i> Crops.....	13
2.2.10 Important Health Promoting Group of Compounds in Brassica Vegetables.....	13
2.2.11 Health Benefits of Cabbage.....	14
2.2.11.1 Antioxidant Related Health Benefits of Cabbage.....	14
2.2.11.2 Anti-Inflammatory Benefits and Curing Ulcer.....	14
2.2.11.3 Glucosinolates and Cancer Prevention from Cabbage.....	15
2.2.11.4 Digestive Tract Support of Cabbage.....	15
2.2.11.5 Cardiovascular Support from Cabbage.....	15
2.2.11.6 Skin Care.....	16
2.3 Lime (<i>Citrus aurantifolia</i>)	16
2.3.1 Taxonomy and Classification.....	17
2.3.2 Global Production and Distribution of Lime.....	17
2.3.3 Maturity Indices and Harvesting.....	18
2.3.4 Benefits of Lime.....	18
2.3.4.1 Culinary Usage.....	18
2.3.4.2 Health Benefits.....	18

2.4 Artificial Sweetener.....	19
2.4.1 Aspartame as Artificial Sweetener.....	26
2.4.2 Physical Characteristic and Chemistry.....	20
2.4.2.1 Structure	20
2.4.2.2 Taste.....	20
2.4.2.3 Flavor Enhancing Property	21
2.4.2.4 Food and Beverage Applications.....	21
2.4 RTS Beverage.....	22
2.5 Beverage Blend.....	22
2.5.1 Blending Juices.....	22
2.5.2 Blending Strategies.....	23
2.6 Principles of Good Formulation Development.....	24
2.7 Sensory Evaluation.....	25
2.7.1 Definition.....	25
2.7.2 Selection of Panel Members.....	25
2.7.3 Sensory Evaluation Methods.....	25
2.7.3.1 Discriminative Test.....	26
2.7.3.2 Hedonic Test.....	26
2.7.4 Requirement of Sensory Evaluation.....	26
2.8.5 Uses of Sensory Evaluation.....	27
2.8 Microbiology of Fruit Juices.....	27
2.9 Packaging criteria for beverage.....	28
2.9.1 Glass Containers as Packaging Material.....	29

CHAPTER 03.....	30
3.0 MATERIALS AND METHODS.....	30
3.1 Materials.....	31
3.1.1 Materials Used for the Formulation of Functional Beverage.....	31
3.1.2 Material Collection.....	31
3.1.3 Sterilization of Material.....	31
3.1.3.1 Sterilization of Glass Bottles.....	31
3.1.3.2 Sterilization of Equipment.....	31
3.1.4 Extraction of Cabbage Juice.....	31
3.1.5 Extraction of Lime juice.....	32
3.1.7 Formulation of Juice blend.....	32
3.2 Sensory Evaluation.....	36
3.2.1 Coding.....	36
3.3 Nutritional analysis of freshly made Low Calorie Cabbage– lime blend RTS functional beverage.....	37
3.3.1 Determination of pH.....	37
3.3.1.1 Principle.....	37
3.3.1.2 Procedure.....	38
3.3.2 Determination of Total Soluble Solids.....	38
3.3.2.1 Principle.....	38
3.3.2.2 Procedure.....	38
3.3.3 Determination of Titratable Acidity.....	38
3.3.3.1 Principle.....	38
3.3.3.2 Procedures.....	39

3.3.3.3 Calculations.....	39
3.3.4 Determination of Total sugar (Lane.Eynon method).....	40
3.3.4.1 Principle.....	40
3.3.4.2 Procedures.....	40
3.3.4.3 Calculation.....	40
3.3.5 Determination of Vitamin C Content.....	41
3.3.5.1 Principle.....	41
3.3.5.2 Preparation of chemicals.....	41
3.3.5.3 Procedure.....	41
3.3.5.4 Calculation.....	42
3.4 Storage Studies of Selected Formulations.....	42
3.5 Microbial Test.....	43
3.5.1 Preparation of Nutrient Agar.....	43
3.5.2 Preparation and Dilution Series of RTS Beverage.....	44
3.5.3 Inoculation and Identification.....	44
3.6 Statistical Analysis.....	44
CHAPTER 04.....	45
4.0 RESULT AND DISCUSSIONS.....	45
4.1 Preliminary Analysis.....	45
4.2 Nutritional Analysis of Fresh Low Calorie Cabbage Lime Blend	
RTS Functional Beverage.....	47
4.2.1 Titrable Acidity.....	47

4.2.1 pH.....	48
4.2.3 Total Soluble solids (TSS).....	49
4.2.4 Vitamin C content.....	50
4.2.5 Total Sugars.....	51
4.2.6 Sensory Analysis of Fresh Low Calorie Cabbage Lime Blend RTS Functional Beverage.....	52
4.2.6.1 Colour.....	52
4.2.6.2 Taste.....	54
4.2.6.3 Aroma.....	54
4.2.6.4 Appearance.....	54
4.2.6.5 Overall Acceptability.....	55
4.3 Storage Studies of Selected Formulations of RTS Functional Beverage.....	56
4.3.1 Nutritional Analysis of Low Calorie Cabbage Lime Blend RTS Beverage during Storage.....	56
4.3.1.1 Acidity.....	56
4.3.1.2 pH.....	57
4.3.1.3 Total Soluble solids (TSS).....	58
4.3.1.4 Vitamin C content.....	59
4.3.1.4 Total sugars.....	60
4.3.2 Sensory Analysis of Low Calorie Cabbage Lime Blend RTS Beverage during Storage.....	61
4.3.2.1 Colour.....	61
4.3.2.2 Taste.....	63