

Quinoa-based dessert for kids

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ABSTRACT

Statement of the Problem: The feeding of the child must be varied, pleasant and according to their nutritional needs, currently it is usually high in calories and sodium and low in fibers. Quinoa is a pseudocereal due to its nutritional profile is considered complete, nutritious and healthy for the development of foods intended for children. It is proposed to make a quinoa-based dessert mainly for children, considering the low consumption of fibers and the excellent nutritional properties of quinoa.

Methodology & Theoretical Orientation: Four formulations were made and the one with the best sensory characteristics and the lowest percentage of exudation was selected. The formulation of the selected dessert was evaluated the degree of satisfaction with 84 children of school age, the centesimal composition, the percentage of adequacy of dietary fiber and sweeteners and the nutritional profile. Then the composition of 21 commercial desserts for children was checked and compared.

Findings: Formulation 4 was selected because it presented the best sensory characteristics and the lowest exudation. The fiber content of the dessert was 1.9g/100g of food, its amount of sweetener was adequate and its nutritional profile healthy. When compared to other desserts on the market, it provided fiber and less total fat, saturated fat and sodium. The degree of satisfaction expressed by the children surveyed showed a positive assessment by 82% of the children and had only a 5% negative rating.

Conclusion & Significance: It was possible to formulate and elaborate a healthy dessert based on quinoa with fiber intake and acceptable sensory characteristics, aimed at increasing the availability of foods that favour fiber intake in school-age children.

BIOGRAPHY

Mariana Soledad Biasoli has a degree in nutrition from de Faculty of Chemistry, University of the Latin American Educational Center (UCEL), Rosario, Santa Fe, Argentina. Graduate of university professor of the university of the Latin American educational center (UCEL), Rosario, Santa Fe, Argentina; Graduated of professional cook and cook in gastronomy and haute cuisine by the Gastronomic Institute of the Americas (IGA), Rosario, Sante Fe, Argentina. She currently works as a nutritionist in private offices. She works for the eating disorders team of the psychotherapeutic network of the city of Rosario, Santa Fe, Argentina.

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