

# **PRODUCTION AND EVALUATION OF SOME SPECIAL FOOD FORMULAS**

By

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B.Sc. Agric. Sc. (Food Technology), Ain Shams University, 2001

M.Sc. Agric. Sc. (Food Science and Technology), Ain Shams University, 2007

**A thesis submitted in partial fulfillment  
of  
the requirements for the degree of**

**DOCTOR OF PHILOSOPHY**

**in**

**Agricultural Science  
(Food Science and Technology)**

**Department of Food Science  
Faculty of Agriculture  
Ain Shams University**

**2010**

**Approval Sheet**

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## **ABSTRACT**

**Doaa Bayoumi El-Sayed Bayoumi: Production and Evaluation of Some Special Food Formulas. Unpublished Ph.D. Thesis, Department of Food Science, Faculty of Agriculture, Ain Shams University, 2010.**

Breast-feeding is the golden standard for infant feeding. However, the majority of a few months old infants are fed with a second choice infant feeding, complementary formula. Prebiotics have the potential to promote immediate and long-term effects on the health and well-being of infants. Preparation and evaluation of four complementary weaning food formulas containing prebiotic ingredients, mainly inulin were studied. Formula 1 contained 20% Globe artichoke; Formula 2 contained 20% Jerusalem artichoke; Formula 3 contained 10% Globe artichoke and 10% Jerusalem artichoke; and Formula 4 contained 10% Inulin powder extracted from Jerusalem artichoke. The selected formulations were nutritionally evaluated comparing with Cerelac. Inulin content was determined using HPLC methodology; Jerusalem artichoke tuber had 65.74 g/100g Inulin; whereas, globe artichoke bracts had 20.41 g/100g Inulin on dry weight. The highest amounts of Inulin was found in formula 2 contained (10.35 g/100g dry weight); while Inulin content in formula 1 and 3 were (4.18 and 8.72 g/100g dry weight), respectively. Inulin powder extracted from Jerusalem artichoke was added to formula 4 which was (10.06 g/100g dry weight). The results indicated also, that all mixtures were rich in protein, and carbohydrate. Also, all mixtures had compositions and properties comparable to those of Cerelac and the levels recommended by Egyptian standard hence have a good potential for use as weaning foods.

Inulin may have potential benefits, since they exhibit many soluble dietary fibre-like properties. Our present objective was to study the effect of extracted Inulin from Jerusalem artichoke and Globe artichoke on bioavailability of some minerals (Fe, Ca, Zn and Mg). As

expected, inulin intake increased minerals absorption in all rat groups. Absorption of (Fe, Ca, Zn and Mg) was significantly higher in the groups fed on Inulin extracted from Jerusalem than groups fed on the same levels of Globe artichoke. However, inulin had a numerically greater effect on minerals absorption in rats group fed on diet contained 6% Inulin extracted from Jerusalem artichoke than rats groups fed on diet contained 6% Inulin extracted from Globe artichoke. The extent of the stimulatory effect of inulin on absorption of minerals may differ according to source of Inulin. In conclusion, Inulin extracted from Jerusalem artichoke led to more increase on bioavailability of studied minerals than Inulin extracted from Globe artichoke.

**Key Words:** Functional food, Prebiotic, Inulin, minerals bioavailability, Weaning foods formulas.

## ACKNOWLEDGMENT

First and forever feel I always indebted to **ALLAH** the most beneficent and merciful.

The author wishes to express her deepest gratitude and sincere appreciation to **Prof. Dr. Ramadan Mohamed Mahmoud**, professor of Food Science, faculty of Agriculture, Ain Shams University, for his supervision, valuable guidance, encouragement, helpful suggestion, continuous support throughout the course of the present investigation and help during the writing of thesis.

Great thanks are also extended to **Prof. Dr. Yosry Ahmed Abd-Eldaim**, professor of Food Science, faculty of Agriculture, Ain Shams University, for his supervision, constrictive criticism and advice throughout this work.

Special thanks are extended to **Prof. Dr. Foad Aly Abd El-Geleil EL-Sherefa**, professor of Food Science and Technology, special food and nutrition department, Food Technology Research Institute, Agriculture Research Center, for the constant, encouragement, helpful, useful advice and assistance to fulfill this research.

I should also thank the rest of the Department of Food Science, Fac. of Agric., Ain Shams University for their contribution in my graduate education and enrichment.

I Dedicate this thesis to my family who blessed My with their kind and love.

I wish to express my thanks to the **Academy of Scientific Research and Technology** for its support in preparation of the thesis.

Finally, I want to express my acknowledgment to all staff members, the colleagues and workers in the Food Technology Research Institute, Agricultural Research Center.

## CONTENTS

NO.		Page
	<b>LIST OF TABLES.....</b>	IV
	<b>LIST OF APPREVIATION.....</b>	X
<b>1.</b>	<b>INTRODUCTION.....</b>	1
<b>2.</b>	<b>REVIEW OF LITERATURE.....</b>	6
2.1	Health and nutrition.....	6
2.2	Functional foods.....	6
2.3	Prebiotics.....	8
2.3.1	Types of prebiotics.....	9
2.3.2	General aspects of prebiotics.....	10
2.3.3	Structure–function relationships.....	13
2.3.4	Monosaccharide composition.....	13
2.3.5	Glycosidic linkage.....	13
2.3.6	Molecular weight.....	13
2.3.7	Increased molecular weight.....	14
2.4	Potential food applications.....	14
2.5	Health-related aspects.....	15
2.6	Nature of Inulin.....	16
2.6.1	Chemical aspects of Inulin.....	17
2.6.2	Distribution of inulin.....	19
2.6.3	Digestion and Fermentation of Inulin.....	22
2.6.4	Estimated Daily Intake of inulin and FOS among the different population.....	23
2.7	Physiological properties of non digestible oligosaccharides.....	24
2.7.1	A significant modification of the colonic microflora.....	25
2.7.2	A decrease of pH in the colon and consequently.....	26
2.7.3	Nutrient production.....	26
2.7.4	An increase in fecal dry weight excretion.....	27

2.7.5	Constipation relief due to fecal bulking and possibly effects on intestinal motility.....	27
2.7.6	Inhibition of diarrhea.....	27
2.7.7	A protective effect against infection in the gastrointestinal and respiratory.....	28
2.7.8	A benefit effect on the carbohydrates and lipids metabolism.....	29
2.7.9	A reduction of cancer risk.....	30
2.7.10	An increase in absorption of different minerals.....	32
2.8	Mechanism of enhancer.....	37
2.9	Utilization of Inulin in the food industry.....	39
2.10	Iron Properties and Functions in infants.....	43
2.11	Calcium Properties and Functions in infants.....	45
2.12	Zinc Properties and Functions in infants.....	46
2.13	Magnesium Properties and Functions in infants.....	48
2.14	Weaning period.....	49
2.15	Infant feeding.....	49
2.15.1	Breast-feeding.....	50
2.15.2	Why breast is best? .....	51
2.15.3	Infant formula.....	52
2.16	Recent Advances in the Development of Infant Formulas: Mimicking the Effects of Breast Feeding.....	53
2.17	Prebiotic formulas in infant nutrition and health benefits...	55
2.18	Prebiotics safety and tolerance infant formulas.....	62
2.19	Egyptian Specifications for Standardization and Quality Control of Baby Foods.....	65
2.20	Chemical composition of raw materials.....	66
2.20.1	Globe artichoke.....	66
2.20.2	Jerusalem artichoke.....	67
<b>3.</b>	<b>MATERIALS AND METHODS.....</b>	<b>69</b>
3.1	<b>Materials.....</b>	<b>69</b>



3.2	<b>Methods.....</b>	69
3.2.1	<b>Part A (<i>Production and evaluation of some functional weaning food formulas</i>).....</b>	69
3.2.1.1	Preparation of the ingredients.....	69
3.2.1.2	Extraction of Inulin.....	70
3.2.1.3	Preparation of weaning food formulas.....	70
3.2.1.4	Preparation of weaning food meal.....	71
3.2.1.5	Chemical analysis.....	72
3.2.1.6	Determination of minerals.....	72
3.2.1.7	Determination of amino acids.....	72
3.2.1.7.1	Determination of tryptophan.....	73
3.2.1.8	Amino acid score.....	73
3.2.1.9	Determination of Inulin by HPLC.....	73
3.2.1.10	Biological evaluation.....	73
3.2.1.10.1	Animal Experiments.....	73
3.2.1.10.2	Protein Efficiency Ratio (PER).....	75
3.2.1.10.3	Net protein utilization (NPU).....	76
3.2.1.10.4	Digestibility coefficient (DC).....	76
3.2.1.10.5	Biological value (BV).....	77
3.2.1.11	Microbiological evaluation.....	77
3.2.1.11.1	Determination of total bacterial count (TBC).....	78
3.2.1.11.2	Detection of yeast and moulds.....	78
3.2.1.11.3	Detection of Coliform group.....	78
3.2.1.12	Organoleptic evaluation.....	78
3.2.2	<b>Part B: (<i>Effect of inulin on some minerals bioavailability</i>).....</b>	79
3.2.2.1	Animals and experimental diets.....	79
3.2.2.2	Minerals content of experimental diets.....	80
3.2.2.3	Fecal weight and moisture.....	81
3.2.2.4	Minerals in faeces and urinary.....	81
3.2.2.5	Apparent minerals absorption, balance and retention.....	81

3.2.2.6	Blood measurements.....	82
3.2.2.6.1	Hemoglobin determination.....	82
3.2.2.6.2	Hematocrit determination.....	83
3.2.2.6.3	Minerals in serum.....	83
3.2.2.7	Minerals in bone.....	83
3.2.2.8	Length and thickness of rats' femur.....	83
3.2.2.9	Bone breaking force.....	84
3.2.2.10	Organs weight and minerals content.....	84
3.2.2.11	Statistical analysis.....	84
<b>4.</b>	<b>RESULTS AND DISCUSSION.....</b>	<b>85</b>
4.A	Production and evaluation of some functional weaning food formulas.....	85
4.A.1	Proximate composition of used materials.....	85
4.A.2	Chemical composition of prepared weaning food formulas.....	88
4.A.3	Minerals content of weaning food formulas.....	93
4.A.4	Amino acid content of prepared weaning food formulas...	96
4.A.5	Chemical protein score of different weaning food formulas.....	97
4.A.6	Biological assay of different prepared weaning food formulas.....	100
4.A.6.1	Nutritive values of the different prepared weaning food formulas.....	100
4.A.6.1.1	Weight gain in body rats.....	100
4.A.6.1.2	Protein efficiency ratio .....	102
4.A.6.1.3	Net Protein Utilization (NPU).....	103
4.A.6.1.4	Digestibility Coefficient (DC).....	105
4.A.6.1.5	Biological Value (BV) .....	105
4.A.7	Microbiological evaluation of prepared weaning food formulas.....	106
4.A.8	Organoleptic evaluation of prepared weaning food	

	formulas .....	108
4.B	<b>Effect of inulin on some minerals bioavailability.....</b>	112
4.B.1	<i>Jerusalem artichoke Inulin</i> .....	112
4.B.1.1	Minerals content in experimental diets.....	112
4.B.1.2	Growth rate and feed efficiency ratio.....	114
4.B.1.3	Inulin and food intake.....	116
4.B.1.4	<b>Iron (Fe) bioavailability.....</b>	118
4.B.1.4.1	Effects on absorption, balance and retention of Iron.....	118
4.B.1.4.2	Hemoglobin and hematocrit.....	119
4.B.1.4.3	Serum iron concentration.....	120
4.B.1.4.4	Iron concentration in some organs.....	121
4.B.1.5	<b>Calcium (Ca) bioavailability.....</b>	121
4.B.1.5.1	Effects on absorption, balance and retention of Calcium...	121
4.B.1.5.2	Serum Calcium concentration.....	124
4.B.1.5.3	Calcium femur, length, thickness and breaking force.....	125
4.B.1.6	<b>Zinc (Zn) bioavailability.....</b>	126
4.B.1.6.1	Effects on absorption, balance and retention of Zinc.....	126
4.B.1.6.2	Serum Zinc concentration.....	128
4.B.1.6.3	Dry femur weight and its zinc content.....	129
4.B.1.6.4	Zinc concentration in some organs.....	129
4.B.1.7	<b>Magnesium (Mg) bioavailability.....</b>	131
4.B.1.7.1	Effects on absorption, balance and retention of Magnesium.....	131
4.B.1.7.2	Serum Magnesium concentration.....	133
4.B.1.7.3	Dry femur weight and its Magnesium content.....	134
4.B.1.7.4	Magnesium concentration in some organs.....	134
4.B.1.8	Organs weight.....	136
4.B.1.9	Fecal weight (fresh and dry) and moisture (%).....	136
4.B.2	<b>Globe artichoke Inulin.....</b>	139
4.B.2.1	Minerals content in experimental diets.....	139
4.B.2.2	Growth rate and feed efficiency ratio.....	141

4.B.2.3	Inulin and food intake.....	143
4.B.2.4	<b>Iron (Fe) bioavailability.....</b>	143
4.B.2.4.1	Effects on absorption, balance and retention of Iron.....	143
4.B.2.4.2	Hemoglobin and hematocrit.....	145
4.B.2.4.3	Serum iron concentration.....	146
4.B.2.4.4	Iron concentration in some organs.....	147
4.B.2.5	<b>Calcium (Ca) bioavailability.....</b>	147
4.B.2.5.1	Effects on absorption, balance and retention of Calcium...	147
4.B.2.5.2	Serum Calcium concentration.....	151
4.B.2.5.3	Calcium femur, length, thickness and breaking force.....	151
4.B.2.6	<b>Zinc (Zn) bioavailability.....</b>	152
4.B.2.6.1	Absorption, balance and retention of Zinc.....	152
4.B.2.6.2	Serum Zinc concentration.....	154
4.B.2.6.3	Dry femur weight and its zinc content.....	155
4.B.2.6.4	Zinc concentration in some organs.....	155
4.B.2.7	<b>Magnesium (Mg) bioavailability.....</b>	155
4.B.2.7.1	Effects on absorption, balance and retention of Magnesium.....	155
4.B.2.7.2	Serum Magnesium concentration.....	159
4.B.2.7.3	Dry femur weight and its Magnesium content.....	159
4.B.2.7.4	Magnesium concentration in some organs.....	160
4.B.2.8	Organs weight.....	160
4.B.2.9	Fecal weight (fresh and dry) and moisture (%).....	160
5.	<b>SAMMARY AND CONCLUSION.....</b>	166
6.	<b>REFERENCES.....</b>	177
	<b>ARABIC SUMMARY</b>	

## LIST OF ABBREVIATIONS

%	Percent
µg	Microgram
A. A. S.	Amino acid score
A. O. A. C.	Official methods of Analysis
BV	Biological value
Ca	Calcium
cm	Centimeter
conc.	Concentration
DC	Digestibility coefficient
DP <sub>av</sub>	Degree of polymerization average
EAA <sub>s</sub>	Essential amino acids
FAO	Food and agriculture organization
Fe	Iron
G. A.	Globe artichoke
g	Gram
HP	high polymer
HPLC	High performance liquid chromatography
hr	Hour
IN	Inulin
J.A.	Jerusalem artichoke
Kcal	Kilocalorie
Kg	Kilogram
Mg	Magnesium
mg	Milligram
min	Minute
ml	Milliliter
nm	Nanometer
N	Neiotn
NPU	Net protein utilization
NRC	National Research Council
°C	Degree centigrade
PER	Protein efficiency ratio
Sc-FOS	short-chain fructooligosaccharides
sec.	Second
UNU	UNICEF
WHO	World health organization
Wk	Week
Zn	Zinc

## LIST OF TABLES

NO.		Page
2.1	Inulin content and chain length of miscellaneous plants.....	20
2.2	Inulin content in plants that are commonly used for human nutrition.....	21
2.3	Mean daily intakes of inulin and FOS in diets of Americans..	24
3.1	Composition of the weaning food formulas.....	71
3.2	Constituent of (Cerelac) commercial weaning formula in Egypt.....	72
3.3	Composition of the basal diet (g/100g).....	74
3.4	The constituents of the experimental diets.....	75
3.5	Composition of the salt mixture.....	75
3.6	Composition of the vitamins mixture.....	76
3.7	Composition of the diets used for evaluation of bioavailability of minerals.....	80
3.8	Composition of the minerals and vitamins formula used in the diets.....	80
4.1	Chemical composition of raw materials used for preparation of weaning food formulas.....	86
4.2	Chemical composition (gm/100g dry wt.), energy value and inulin content of weaning food formulas.....	89
4.3	Minerals content (mg / 100 g) of prepared weaning food formulas.....	94
4.4	Essential amino acids content (gm / 100 gm protein) of prepared weaning food formulas.....	98
4.5	Protein score of the prepared weaning food formulas compared with the provisional amino acids pattern.....	99
4.6	Gain, loss in body weight, food intake and protein efficiency ratio of the experimental animals fed on the prepared diets....	101
4.7	Net protein utilization (NPU), Digestibility coefficient (DC) and Biological Value (BV) of rats fed on prepared diets.....	104

4.8	Microbiological evaluation of prepared weaning food compared to a commercial product.....	107
4.9	Mean values of organoleptic evaluation of prepared weaning food formulas.....	109
4.10	Iron, calcium, zinc and magnesium content in prepared diets containing Jerusalem artichoke Inulin.....	113
4.11	Effect of Jerusalem artichoke inulin on Gain of body weight, food intake and Feed efficiency ratio in rats.....	115
4.12	Effect of Jerusalem artichoke inulin on Iron bioavailability in rats.....	117
4.13	Effect of Jerusalem artichoke inulin on Iron concentration (mg/gm d. w.) in some rat organs.....	122
4.14	Effect of Jerusalem artichoke inulin on calcium bioavailability in rats.....	123
4.15	Effect of Jerusalem artichoke inulin on Zinc bioavailability in rats.....	127
4.16	Effect of Jerusalem artichoke inulin on Zinc concentration (mg/gm d. w.) in some rat organs.....	130
4.17	Effect of Jerusalem artichoke inulin on Magnesium bioavailability in rats.....	132
4.18	Effect of Jerusalem artichoke inulin on Magnesium concentration (mg/gm d.w.) in some rat organs.....	135
4.19	Effect of Jerusalem artichoke inulin on relative organs weight of rats.....	137
4.20	Effect of Jerusalem artichoke inulin on Faecal weight (fresh and dry) and faecal moisture (%).....	138
4.21	Iron, calcium, zinc and magnesium content in prepared diets containing Globe artichoke Inulin.....	140
4.22	Effect of Globe artichoke inulin on Gain of body weight, food intake and Feed efficiency ratio in rats.....	142
4.23	Effect of Globe artichoke inulin on iron bioavailability in rats.	144