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Energy Bar: A Novel Source Of Nutrition.

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Introduction

How frequently do you get to consume cuisine that was created during the space race? One of the most pressing issues facing NASA in the early stages of its space programme was how to feed its astronauts food that was nutritional, delicious, and fresh.

The very first variety of nutrition bars was one of the original answers to come out of NASA's research programme. The first wave of bars was introduced in the 1960s, at the height of the Apollo moon landings, with the memorable name "Space Food Sticks." Consumers were given the information that Space Food Sticks were "Non-frozen balanced energy (snacks) in rod shape offering nutritionally balanced proportions of carbohydrate, fat, and protein." at the time. Not the most appealing marketing.

Athletes enter:

Energy bars swiftly evolved from their initial public appearance as necessary astronaut nourishment for space missions into a high-energy source of quick burn fuel for sports. Today, protein bars are available to everyone, while they continue to occupy a special place for individuals seeking a quick energy boost or a nutritious snack.

The original Space Food Sticks for NASA were produced by Pillsbury, who tried to commercialise the recipe but had mixed success. Space Food Sticks failed to pique the interest of the public or their palates. Sadly, it would be years before energy bars appeared in their present configuration.

In 1986, when they were first made available in stores under the name Power Bars, protein bars made their athletic debut. Power Bars launched a brand-new market of protein-rich energy bars for sports, each of which boasted a distinctive recipe and claimed to be a dependable source of high levels of protein for athletes. They immediately gained popularity among dieters and started to appear often in various protein replacement diets.

In America, snacking opportunities increased, meal patterns changed, and tastes evolved. Energy bar producers changed how they positioned and advertised nutrition bars in response to these shifts. Due to their natural contents, protein bars are becoming widely popular as a healthy energy boost. Energy bars are popularly regarded as a wholesome between-meal snack or as a meal substitute on occasion. The original Space Food Sticks were re-released in 2006, allowing fans of the original flavour to at last recapture their childhood.

Protein Bars:

Moving forward to 2017, we can see that a lot has changed since the days of "Food Space Sticks" and the original Power Bar. Almost any taste you can think of is now either accessible at your neighbourhood health food store. Bottom of Form.

Technology:

Protein Bar Manufacturing Technology will incorporate nut kernels, dried fruit, candy, chocolate, and other ingredients; Oat, rice, corn, and other grains are used as the primary ingredients of cereal bars, which are then bound together with high-viscosity syrup; Loyal Protein Bar Manufacturing Equipment has a high level of automation, a sensible machine construction, and is simple to use and maintain. (research paper sources)

- **Equipment used to make nutrition bars:**



Fig 1 Equipment used to make nutrition bars

- **Production line for protein bars:**



Fig 2 Production line for protein bars

- **Energy Bar Production Line:**



Fig3 Energy Bar Production Line

- **Cereal Bar Assembly Line:**



Fig4 Cereal Bar Assembly Line

- **Small protein bar machine automatically:**



Fig 5 Small protein bar machine automatically

- **Snack Bar Production Line on a Small Scale:**



Fig 6 Snack Bar Production Line on a Small Scale

Process Flow Diagram For Making Nutritional Cereal Bars:

- Roaster, a peeler and cutter, a sugar boiler, a mixer, and a machine for chopping and forming
- Rice, peanuts, and other nuts are placed in the oven to roast before going through the peeler.
- In the sugar boiler, the sugar is boiled.
- The mixer is used to blend the peeled, chopped, and cooked components.
- Then it enters a machine that can shape it into a variety of nutritional bars based on the mould.

What is the equipment used to produce nutrition bars made of?

A food-grade stainless steel production line makes up the complete system. The conveyor belt is also composed of food-grade material, which has been carefully chosen by technicians.

What each machine's purpose is in the equipment used to produce nutrition bars?

1. To ripen the ingredients, bake them in a baking machine.
2. Peeler: Some foods, including nuts and melons, require peeling. This can be done successfully with the peel-and-chop machine.
3. The sugar boiler: Using sugar, this device creates sweet bars.
4. Mixer: A mixer is used to combine the diced and peeled components with the boiled sugar.
5. Machine for cutting and forming: Different moulds can be used to make different-shaped nutritional bars.

What makes nutrition bars so popular?

It is acknowledged that a meal replacement plan is a well-liked tool for slimming down and losing weight. Using nutrition bars and biscuits in place of some or all of your usual meals to lose weight is known as a meal replacement diet. The body will experience fullness after consuming a nutritional bar since meal replacement items are high in soluble dietary fibre, which can delay the onset of hunger. The majority of meal replacements can also expand when exposed to water, which contributes to the intense satiety sensation.

Raw materials:

Oats, rice, almonds, dried fruits, and other essential nutrients are used as the nutrition bar's base ingredients. Its excellent flavour, crunchiness, nutritional benefits, and portability make it a favourite. For fitness experts, it has also significantly risen in importance as a meal substitute.

Potential directions for the creation of nutrition bars:

The acceptance and popularity of portable and nutritious products are growing along with customer awareness. Nutrition bars are now sought after by regular consumers for breakfast and everyday snacks, rather than only being a product in demand by athletes. In contrast to 2017, which saw a fall in dollar sales, I.R.I. data reveals that the nutrition bar business stepped up the pace in 2018, with sales increasing by 2.9 percent in the past 52 weeks to 7 October. that the demand for tasty and nutritious bars is progressively growing. The I.R.I. 2018 US Snacking Survey found that 65% of consumers now desire protein for energy, 53% require certain nutrients from fruits and vegetables, and 40% want probiotics in their food.

Equipment used to make nutrition bars produces:

Black rice, sugar, almonds, corn, barley, wheat, dried fruits, raspberries, blueberries, sugar, and passion fruit are among the ingredients.

Nut bars Satsuma, rice candy, rice bar, frozen rice candy, sesame candy bar, peanut brittle (peanut candy bar), sunflower seed Sugar bars, whole grains, cereal bars. Finished products: peanut nougat, peanut rice cake, peanut candy, rice candy, sesame bar, and cereal bars.

Personal safety, food safety, and machine safety are the three safety concerns that must be taken into consideration when cleaning biscuit production lines. Only by starting with the details will we be able to create a product of higher calibre.

Types of nutrition bars:

Cereal bar production lines have progressed quickly in recent years, and nutrition bars have been created for many years. Chinese folks desire a pleasant eating experience and have more varied dietary preferences. Convenience meals are growing in popularity as society develops, and Cereal Bar is a convenient, portable food with a fantastic taste that is growing in popularity in the market.

What kind of nutrition bars are offered, and what qualities do they have? Today's nutrition bars come in a wide variety, some with an emphasis on energy and others with a propensity to ingest nutrients. Depending on the primary components and health benefits Protein bars, energy bars, cereal bars, meal replacement bars, and snack bars are the main categories of the product. Here are some details about what makes each of these bars unique.

1. Protein bar:

Protein bars are bars that include a high amount of protein, which not only gives the body protein but also supplements other nutrients like dietary fibre. Protein bars offer protein to consumers who consume them frequently, aid in the healing of bodily tissues, and offer the essential building blocks for the synthesis of lean muscle.

2. A candy bar:

The purpose of energy bars is to restore the body's energy. Carbohydrates, which are their primary component and are very simple to digest, enable the body to immediately refuel after consuming them. It is mostly appropriate for those who require quick energy and recovery before and after exercise, as well as other individuals who require energy resupply and fatigue relief.

3. Breakfast bars:

Rice and oats are used as the primary ingredients in cereal bars, with nuts, dried fruit, and cream added for flavour or as supplementary elements. These ingredients are combined with sugar syrup and starch paste to form the bars. Cereals and dried fruit are the major components of cereal bars, which can provide the body with a variety of nutrients, energy, and the opportunity to consume more dietary fibre.

4. A meal substitute bar:

A nutritional meal replacement item with a high protein, low calorie, and high dietary fibre content is a meal replacement bar. It has a high sense of fullness after consumption, and utilising it can increase the intake of protein, carbs, fat, minerals, vitamins, and trace elements in the dietary structure. cereal bars make an excellent meal replacement since they may guarantee that you won't feel hungry, weak, or have diarrhoea after you consume them.

5. Food bars:

Snack bars are made with nuts like peanuts, cashews, and walnuts as the primary raw material, dried fruit, fruit powder, and other natural ingredients as a supplement to the production of food. When compared to other snacks, these bars have fewer calories and more nutrients, making them a great option for a snack during downtime.

6. Cereal bars:

These are just a handful of the typical nutritional bars that one encounters throughout life. Each bar is categorised differently and has a variety of flavours. In summary, there are several flavours and shapes, all of which are quite excellent and delectable. There is food for all ages, and there is always something among the various varieties that everyone can enjoy.

You may produce a variety of cereal bars, protein bars, energy bars, and other types of bars using the Cereal Bar Production Line. You may make multiple flavours and forms of bars just by swapping out some of the components and the moulds. The end result is a very nutritious, delicious, and high-quality product with many benefits.

Nutrition content of nutrient bars:

Table 1 Nutrition content of nutrient bars.

Nutrition data	
Size of Portion	68g
Per-Portion Calories:	235
daily percentage value	
5 percent of total fat	4g
Saturated Fat 1%	Saturated Fat 1g
133 mg sodium	Or 6%
45 g total carbohydrates	or 16 %
5g of dietary fibre	or 18%
22g of sugar	
10% protein is used	
Vitamin D content	0% (0 mcg).
250 mg Calcium	19%
4.5 milligrammes	25 percent iron
Potassium, 280 mg	at 6%
The percent Daily Value (DV) indicates how much a nutrient contributes to a daily diet in a serving of food. The general recommendation for caloric intake is 20 00 calories per day	

Nutrition bar (Clif Bar) : A 68 g serving of the nutrition bar Clif Bar has 235 calories. This serving has 45 g of carbohydrates, 10 g of protein, and 4 g of fat. The latter has 5 g of nutritional fibre and 22 g of sugar; the remaining complex carbohydrates. Each serving of nutrition bar (Clif Bar) has 0 mg of cholesterol and 1 g of saturated fat. In addition to 4.50 mg of iron, 250.24 mg of calcium, and 280 mg of potassium, 68 g of Nutrition bar (Clif Bar) has 0.68 mcg of vitamin A, 60.0 mg of vitamin C, and 0.00 mcg of vitamin D. The food category "Nutrition bars" includes nutrition bars like Clif Bar.

Conclusion:

Ready-to-eat snack bars encourage school-age and college-bound kids, office employees, and athletes to stay energised all day. Bars made of millet are readily available, ready to eat, convenient dietary items that satisfy hunger and offer nourishment.

Supplemental cereal-based foods known as "energy bars" are designed for consumers who need quick energization and who need to replace complete meals. Energy bars, unlike energy beverages, do not typically contain caffeine unless other ingredients like coffee powder or tea extracts are included.

Protein bars in particular include considerable amounts of protein and carbs, which, in addition to fulfilling basic dietary needs, can contribute to bioactive chemicals.

To increase the variety of phytochemicals, researchers work to create low-calorie energy bars from a variety of protein-rich components. This might raise boost the number of teenagers who can access them. However, poor nations can meet their demands while earning less money by creating products that are cost-effective. To uncover the potential of plant by products in bars to reduce resource waste and sustain the economy, more research is required.

Additionally, it shows promise for enhancing the nutritional accessibility of teenagers who attend school and exercise in order to meet the RDA standards set forth by the National Institute of Nutrition.

