

Sensory and Nutritional Evaluation of Sweet Milk Products Prepared Using Stevia Powder for Diabetics

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ABSTRACT Sweet milk products namely custard, *kulfi* and *sandesh* were prepared using stevia powder. Stevia was added at three different levels in the experimental products while sugar was added in the control product. The organoleptic evaluation of the products was done by a panel of judges to select the most acceptable level of stevia in all the products. The products with most acceptable level of stevia and with sugar were analyzed for their proximate composition. It was found that custard, *kulfi* and *sandesh* were acceptable at 25mg stevia as compared to the control recipe. The modified recipe of custard had 81.92g of moisture, 3.91g of protein, 1.35g of fat, 11.55g of carbohydrates and provided 74Kcal of energy. The modified recipe of *kulfi* had 58.81g of moisture, 9.37g of protein, 13.1g of fat, 15.95g of carbohydrates and provided 219 Kcal of energy. The modified recipe of *sandesh* had 67.40g of moisture, 18.84g of protein, 1.77g of fat, 8.37g of carbohydrates and provided 125Kcal of energy. The percent decrease in calories provided by modified recipe compared to the basic recipe was custard 23.71%, *kulfi* 30.03% and *sandesh* 21.38%. Sweet milk products using stevia powder were highly acceptable upto 25mg and are low in calories as compared to the basic recipe which makes them suitable for consumption by diabetics.