

Development and Nutrient Evaluation of Oat Supplemented Products for Old Aged People with Constipation

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ABSTRACT Constipation refers to bowel movements that are infrequent. Severe constipation includes obstipation and faecal impaction found very commonly in old aged. The first step to treat constipation is by increasing the intake of dietary fibre. Oats can be supplemented in a normal carbohydrate meal without the loss of taste, palatability. Supplementary product samples of sweet *dalia*, salty *dalia* and *khichdi* were prepared using broken wheat and rice as control while for test samples broken wheat for both sweet and salty *dalia* and rice were supplemented with oats at 20 percent, 25 percent and 30 percent levels. The control and the most acceptable level of oat supplementation in the products were analysed for proximate composition (moisture, crude protein, crude fat, crude fibre, total ash) carbohydrates and energy were calculated. Fibre fractions namely NDF, ADF and lignin were also estimated. Taste of salty *dalia* supplemented with 25 percent scored the best score of 8.0 while all the sensory parameters of sweet *dalia* supplemented with oats at same percentage had the highest scores. Addition of oats at 25 percent level in sweet/salty *dalia* and *khichdi* increased the moisture, crude protein and crude fibre value. While the fibre fractions of NDF, ADF and lignin also increased in the supplemented products.