

TABLE OF CONTENTS

LETTER OF STATEMENT	iii
MOTTO	iv
ACKNOWLEDGEMENTS	v
LIST OF ACRONYMS	v
TABLE OF CONTENTS	viii
LIST OF FIGURES	xii
LIST OF TABLES	xiii
INTISARI	xiv
ABSTRACT	xv
CHAPTER ONE	1
INTRODUCTION	1
1. Background	1
1.1 Problem statement	2
1.2 Problem Formulation	3
1.3 Objectives	4
1.3.1 Overall objective	4
1.3.2 Specific objectives	4
1.4 Significance of the study	4
CHAPTER TWO	5
LITERATURE REVIEW	5
2.1 Carbohydrates and dietary fiber in general	5
2.1.1 Factors affecting digestion and absorption of carbohydrates	5
2.1.2 Carbohydrate quality	6
2.1.2.1 Dietary fiber	7
2.1.2.2 Resistant starch	7
2.1.3 Description, characteristics and origin of carbohydrate	9
2.1.4 Mechanism action of dietary fiber	11
2.1.4.1 Action on intestinal transit	11

2.1.4.2 Food networks of bacteria	12
2.1.4.3 Fermentation by colonic bacteria.....	12
2.1.4.4 Microbial metabolism of dietary fiber and functional implications	13
2.1.5 Health effects.....	15
2.2 Indigestible fraction in food.....	16
2.2.1 The indigestible food fraction new approach.....	16
2.2.2 Dietary fiber and indigestible fraction	19
2.3 Glucomannan	20
2.3.1 Origin.....	20
2.3.2 Botanical description of the plant	20
2.3.3 Systematics of the plant.....	21
2.3.4 Bulb morphology	21
2.3.5 Nutritional value of the bulbs	22
2.3.6 Characteristics of glucomannan.....	23
2.3.7 Glucomannan porang extraction	24
2.3.8 Glucomannan uses	25
2.3.9 Glucomannan effect and health benefits	26
2.3.9.1 Maintaining normal bowel function	27
2.3.9.2 Decrease in potentially pathogenic gastrointestinal microorganisms.....	28
2.4 Banana (<i>Musa</i> sp.)	30
2.4.1 Nutritional value of <i>Musa</i>	30
2.4.2 Uses of banana	30
2.4.3 Banana flour.....	31
2.5 Kluiklui	33
2.5.1 Origin and brief description on peanut	33
2.5.2 Nutritional value of peanut.....	33
2.5.3 Use of peanut seed and its benefits.....	34
2.5.4 Agonlin's peanut patties (kluiklui)	34
2.6. Hypothesis	38
CHAPTER THREE.....	39

METHODOLOGY	39
3.1 Procurement of materials.	39
3.2 Chemical/Enzymes	39
3.3 Equipments	39
3.4 Treatment for increasing RS content	40
3.5 Kluiklui's manufacture	41
3.5.1 Preparation of peanut seed paste	41
3.5.2 Procedure for deoiled peanut seed paste	41
3.5.3 Sample Formulation - Incorporation of ingredients	42
3.5.4 Production of flour-enriched kluikluis (molding and frying).....	44
3.6 Physical evaluation of kluikluis	46
3.6.1 Weight, diameter, thickness and spread ratio	46
3.6.2 Weight loss	46
3.6.3 Color determination	47
3.6.4 Texture analysis of kluikluis	47
3.7 Nutritional analysis	47
3.7.1 Moisture content	47
3.7.2 Protein content	48
3.7.3 Fat content.....	49
3.7.4 Ash content	49
3.7.5 Available carbohydrate content	50
3.7.6 Energy determination	50
3.8 Determination of functional properties	50
3.8.1 Water holding capacity	50
3.8.2 Determination of pH.....	51
3.8.3 Measurement of Aw.....	51
3.9 Hedonic characterization of kluiklui	51
3.10 Indigestible fraction (IF)	52
3.11 Statistical analysis.....	56
CHAPTER FOUR	57

RESULTS AND DISCUSSION.....	57
4.1 Flour-enriched kluiklui	57
4.2. Weight, diameter, thickness and spread ratio	58
4.3 Color analysis of formulated kluiklui	61
4.4 Texture properties of kluikluis.....	63
4.5 Nutritional and functional Properties of flour used	66
4.6 Nutritional and functional profile of formulated kluikluis.....	68
4.7 Sensory analysis of flour-enriched kluiklui.....	73
4.8 Indigestible fraction of kluiklui	76
CHAPTER FIVE	78
CONCLUSION AND RECCOMENDATIONS	78
5.1 CONCLUSION	78
5.2 RECOMMENDATIONS	79
REFERENCES	80
APPENDICES.....	90
Appendix 1: Sensory evaluation form	90
Appendix 2: Statistical analysis.....	93