

A photograph of a woman with dark hair tied back, wearing a light green cardigan, feeding a young child with a wooden spoon. The child is wearing a light blue sweater and has their eyes closed. The background is a bright, indoor setting with a window and some artwork on the wall.

# Making Food Products Healthier with Protein & Dietary Fibre

Nutrition Awareness Activity—Bhaskaracharya College of Applied Sciences

Delhi University

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# Protein & Fiber

## Protein

- Why Protein?
- How much ?
- Calories ?
- Good sources of protein, Examples
- PDCAAS -1.0, all essential amino acids and good in digestibility
- Examples - ?
- Amino acid profile of 2-5 years of children

## Fiber

- Why Fiber ?
- How much ?
- Calories
- Good Sources
- Soluble & Insoluble Fiber
- Functions of Fibers
- Examples

# Protein and Fiber – Health benefits

## Proteins

Child Nutrition

Weight Management & Sports  
Nutrition

Clinical/ adult nutrition

## Functionality

Nutrition

Satiety

Muscle recovery

Sarcopenia

## Fibres

Digestive Health

Cardiovascular Health

Satiety and weight management

Glycemic Index

Functionality

Increase stool bulk

### Hi-Protein Meal Soup

Saffola FITTIFY Gourmet Hi-Protein Meal Soup is a delicious low-calorie meal scientifically created by nutritionists and curated by chef Kunal Kapur in exotic flavours from across the world. It is a healthy blend of best in class protein (PDCAAS-1) to help you build lean muscle. It contains dietary fibre, vitamins, minerals and 5 superfoods to help you manage weight effectively for a slimmer fitter life. Compared to regular powdered soups it has up to 10X protein, up to 10X fibre and 26 vitamins and minerals to give you nutrition like a meal.

The Hi-Protein Meal Soup is available in 3 flavours namely Italian Mix Veg, Mexican Sweet Corn and Spanish Tomato.



Hi-Protein  
Meal-Soup

4 Meal  
Servings





# Summary – Proteins & Fibre

## PDCAAS – 1.0

Fibre content

Soluble and Insoluble Fibre content

Functionality



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