

## LIST OF FIGURES

Figure No.	Title of Figure	Page No.
2.5.1	Summary of the Roles and Ingredients in Sports Foods	85
3.1.1	Schematic Diagram Representing Survey of Food Bars-Phase I	89
3.2.1	Phase II Process Flow-Schematic Diagram	91
3.2.2	Formulation of Crispies	93
3.2.3	Procedure for Preparation of Crispies	95
3.2.4	Process of Extrusion of Crispies– Twin Screw Extruder	96
3.2.5	Raw Ingredients	99
3.2.6	Tentative Flow Diagram of the Process of Development of Protein Energy Bars	102
3.2.7	Production of Protein-Energy Bars	104
4.1.1	Brand Landscape of Food Bars (%) (N=250)	114
4.1.2	Classification of Food Bars Based on their Suggested Usage (%)	115
4.1.3	Protein sources of the Surveyed Food Bars	122
4.2.1	Response Surface of Appearance Score (10) of Protein-Energy Bars as influenced by level of Crispies (A) and WPC-80 (B) on a Composite Score Card	138
4.2.2	Response Surface of Appearance Score of Protein-Energy Bars as influenced by level of Crispies (A) and WPC-80 (B) on a 9-Point Hedonic Scale	138
4.2.3	Response Surface of Appearance Score (10) of P-E Bars as influenced by level of Crispies (A) and SPI (C) on a CSC	139
4.2.4	Response Surface of Appearance Score of P-E Bars as influenced by level of Crispies (A) and SPI (C) on a 9-PHS	139
4.2.5	Response Surface of Appearance Score (10) of P-E Bars as influenced by level of WPC-80 (B) and SPI (C) on a CSC	140

<b>4.2.6</b>	Response Surface of Appearance Score of P-E Bars as influenced by level of WPC-80 (B) and SPI (C) on a 9-PHS	140
<b>4.2.7</b>	Response Surface of Taste Score (15) of P-E Bars as influenced by level of Crispies (A) and WPC-80 (B) on a CSC	144
<b>4.2.8</b>	Response Surface of Taste Score of P-E Bars as influenced by level of Crispies (A) and WPC-80 (B) on a 9-PHS	144
<b>4.2.9</b>	Response Surface of Taste Score (15) of P-E Bars as influenced by level of Crispies (A) and SPI (C) on a CSC	145
<b>4.2.10</b>	Response Surface of Taste Score of P-E Bars as influenced by level of Crispies (A) and SPI (C) on a 9-PHS	145
<b>4.2.11</b>	Response Surface of Taste Score (15) of P-E Bars as influenced by level of WPC-80 (B) and SPI (C) on a CSC	146
<b>4.2.12</b>	Response Surface of Taste Score of P-E Bars as influenced by level of WPC-80 (B) and SPI (C) on a 9-PHS	143
<b>4.2.13</b>	Response Surface of Flavor (10) score of P-E Bars as influenced by level of Crispies (A) and WPC-80 (B) on a CSC	150
<b>4.2.14</b>	Response Surface of Flavor Score of P-E Bars as influenced by level of Crispies (A) and WPC-80 (B) on a 9-PHS	150
<b>4.2.15</b>	Response Surface of Flavor (10) score of P-E Bars as influenced by level of Crispies (A) and SPI (C) on a CSC	151
<b>4.2.16</b>	Response Surface of Flavor Score of P-E Bars as influenced by level of Crispies (A) and SPI (C) on a 9-PHS	151
<b>4.2.17</b>	Response Surface of Flavor (10) score of P-E Bars as influenced by level of WPC-80 (B) and SPI (C) on a CSC	152
<b>4.2.18</b>	Response Surface of Flavor Score of P-E Bars as influenced by level of WPC-80 (B) and SPI (C) on a 9-PHS	152
<b>4.2.19</b>	Response Surface of Texture Score (20) of P-E Bars as influenced by level of Crispies (A) and WPC-80 (B) on a CSC	157
<b>4.2.20</b>	Response surface of texture score of P-E Bars as influenced by level of Crispies (A) and WPC-80 (B) on a 9-PHS	157
<b>4.2.21</b>	Response Surface of Texture Score (20) of P-E Bars as influenced by level of Crispies (A) and SPI (C) on a CSC	158

<b>4.2.22</b>	Response surface of texture score of P-E Bars as influenced by level of Crispies (A) and SPI (C) on a 9-PHS	158
<b>4.2.23</b>	Response Surface of Texture Score (20) of P-E Bars as influenced by level of WPC-80 (B) and SPI (C) on a CSC	159
<b>4.2.24</b>	Response Surface of Texture Score of P-E Bars as influenced by level of WPC-80 (B) and SPI (C) on a 9-PHS	159
<b>4.2.25</b>	Response Surface of Serving-Size Score (15) of P-E Bars as influenced by level of Crispies (A) and WPC-80 (B) on a CSC	164
<b>4.2.26</b>	Response surface of Serving-Size score of P-E Bars as influenced by level of Crispies (A) and WPC-80 (B) on a 9-PHS	164
<b>4.2.27</b>	Response Surface of Serving-Size Score (15) of P-E Bars as influenced by level of Crispies (A) and SPI (C) on a CSC	164
<b>4.2.28</b>	Response surface of Serving-Size score of P-E Bars as influenced by level of Crispies (A) and SPI (C) on a 9-PHS	165
<b>4.2.29</b>	Response Surface of Serving-Size Score (15) of P-E Bars as influenced by level of WPC-80 (B) and SPI (C) on a CSC	166
<b>4.2.30</b>	Response surface of Serving-Size score of P-E Bars as influenced by level of WPC-80 (B) and SPI (C) on a 9-Point Hedonic Scale	166
<b>4.2.31</b>	Response Surface of Mouthfeel (10) of P-E Bars as influenced by level of Crispies (A) and WPC-80 (B) on a CSC	170
<b>4.2.32</b>	Response Surface of Mouthfeel (10) of P-E Bars as influenced by level of Crispies (A) and SPI (C) on a CSC	170
<b>4.2.33</b>	Response Surface of Mouthfeel (10) of P-E Bars as influenced by level of WPC-80 (B) and SPI (C) on a CSC	171
<b>4.2.34</b>	Response Surface of Absence of Defects (10) of P-E Bars as influenced by level of Crispies (A) and WPC-80 (B) on a CSC	174
<b>4.2.35</b>	Response Surface of Absence of Defects (10) of P-E Bars as influenced by level of Crispies (A) and SPI (C) on a CSC	175
<b>4.2.36</b>	Response Surface of Absence of Defects (10) of P-E Bars as influenced by level of WPC-80 (B) and SPI (C) on a CSC	175
<b>4.2.37</b>	Response Surface of Overall Score (10) of P-E Bars as influenced by level of Crispies (A) and WPC-80 (B) on a CSC	178

4.2.38	Response Surface of Overall Score (10) of P-E Bars as influenced by level of Crispies (A) and SPI (C) on a CSC	179
4.2.39	Response Surface of Overall Score (10) of P-E Bars as influenced by level of WPC-80 (B) and SPI (C) on a CSC	179
4.3.1	Influence of storage on the Acid Value of Protein-Energy Bars	192
4.3.2	Influence of storage on the Peroxide Value (mEq of O <sub>2</sub> /kg fat) of P-E Bars	193
4.3.3	Influence of storage on the Free Fatty Acid (% Oleic Acid) of P-E Bars	193
4.3.4	Influence of storage on the Water Activity (aw) of P-E Bars	194
4.3.5	Influence of storage on the Hardness (N) of P-E Bars	198
4.3.6	Influence of storage on the Fracturability (mm) of P-E Bars	198
4.3.7	Influence of Storage on Appearance- CSC	207
4.3.8	Influence of Storage on Appearance- 9-PHS	207
4.3.9	Influence of Storage on Taste- CSC	207
4.3.10	Influence of Storage on Taste- 9-PHS	207
4.3.11	Influence of Storage on Flavour- CSC	208
4.3.12	Influence of Storage on Flavour - 9-PHS	208
4.3.13	Influence of Storage on Texture- CSC	208
4.3.14	Influence of Storage on Texture - 9-PHS	208
4.3.15	Influence of Storage on Serving Size- CSC	209
4.3.16	Influence of Storage on Serving Size - 9-PHS	209
4.3.17	Influence of Storage on Mouthfeel - CSC	209
4.3.18	Influence of Storage on Absence of Defects - CSC	209
4.3.19	Influence of Storage on Overall Acceptability - CSC	210
4.3.20	Sensory Evaluation test conducted by the Sensory Evaluation Panel	213
4.3.21	Influence of Storage on Total Bacteria Count of P-E Bars	217
4.3.22	Product Label	221
4.4.1.1	Age of the respondents (N=120, %)	221
4.4.1.2	Gender of the Subjects (N=120, %)	221
4.4.1.3	Regularity of Exercise and Physical Activity of the respondents (N=120, %)	221
4.4.2.1	Preferred Snack Choices (N=120, %)	223

<b>4.4.2.2</b>	Preference for Healthy Bars Adjacent to Sweets/Chocolate Section (N=120, %)	223
<b>4.4.2.3</b>	Previous Experience with Sports Bars (N=120, %)	224
<b>4.4.2.4</b>	Primary Reason for Consuming Sports Bar (N=120, %)	225
<b>4.4.3.1</b>	Satisfaction Level with Currently Available Bars in the Market (N=120, %)	227
<b>4.4.3.2</b>	Importance Ratings of Factors When Choosing a Sports Bar (N=120, %)	228
<b>4.4.3.3</b>	Maximum Price Prepared to Pay for the Bar on a Regular Basis (N=120, %)	229
<b>4.4.3.4</b>	Willingness to Pay Premium for Sports Bars with Additional Nutritional Benefits (N=120, %)	229
<b>4.4.4.1</b>	Satisfaction Rating of Protein-Energy Bar Consuming Experience (N=120, %)	230
<b>4.4.4.2</b>	Future Purchase Intentions for the P-E Bars (N=120, %)	231
<b>4.4.4.3</b>	Recommendation of P-E Bars to Friends (N=120, %)	231
<b>4.4.4.4</b>	Respondents Feedback	232
<b>4.4.5.1</b>	Acceptability Trial	234