Development of Functional Food ingredient from Banana Inflorescence

N. Senevirathna, Ian O’hara, A. Karim
School of Medical, Mechanical and Process Engineering
Queensland University of Technology, Brisbane, QLD 4000, Australia
azharul.karim@qut.edu.au

Objectives
1. To examine the physiochemical and nutritional characteristics of fresh banana inflorescence of Cavendish and lady finger cultivars
2. To determine the impact of different processing techniques integrated with pre-treatments of Banana inflorescence on physiochemical properties
3. To develop a process of extracting nutrients and bio active compounds from Cavendish banana inflorescence in order to produce functional food

Composition of banana inflorescence (bells)

- Antioxidants
- Polyphenols
- Fiber
- Flavonoids
- Protein
- Potassium
- Less Cholesterol
- Progesterone

Health benefits of Banana bells

- Cancer
- Depression
- Diabetes
- Obesity
- Constipation
- Wound healing
- Ulcer
- High blood pressure

Materials and methods

- Banana inflorescence
  - Cavendish bell
  - Lady finger bell

Different drying techniques

Functional food

Types of functional food

Benefits of developing value added product

- Social:
  - Prevention of diseases
  - Additional jobs

- Environmental:
  - Green house gas emmission reduced
  - Minimize wastage of resources

- Economical:
  - Additional income by developing a value added food

Conclusion

- Banana bells have a potential of producing a functional food.

References

