

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

Carob and beetroot have been identified as nutrient-rich ingredients with significant health benefits. Carob is rich in fibre, antioxidants, and a variety of vitamins and minerals, while beetroot is well-known for its high levels of folic acid, iron, and nitrates, which contribute to cardiovascular health and support during pregnancy. The study set out to explore the potential of these two ingredients in creating a syrup that could serve as a nutritious supplement, particularly for pregnant women.

Throughout the research, the nutritional content of carob and beetroot was meticulously analysed. The process involved optimizing the production methods to ensure that the final syrup retained as much of the beneficial nutrients as possible while also achieving a pleasant taste and texture. The study's findings suggest that both carob and beetroot can be effectively used in the creation of a health-promoting syrup, offering a natural alternative to synthetic supplements or sweeteners.

Additionally, the research highlighted the importance of careful processing techniques to maintain the integrity of the nutritional content during syrup production. This includes considerations like temperature control, pH balance, and the use of natural preservatives to extend the product's shelf life without compromising its health benefits.

5.2 Suggestion

Based on the findings, the study recommends further research to continue refining the syrup production process, with a focus on maximizing the retention of nutrients and enhancing the flavour profile. Future studies could explore the incorporation of other health-promoting ingredients to create a more comprehensive nutritional supplement.

It is also suggested to investigate the broader application of carob and beetroot in other food products or health supplements, beyond syrup, to leverage their full potential. There could be opportunities to develop new products that cater to specific dietary needs, such as snacks for children, energy bars for athletes, or specialized health drinks for individuals with particular health conditions.

In addition, the study encourages exploring the marketing potential of these products, considering the growing consumer interest in natural and functional foods. Collaborating with nutritionists and food scientists to further validate the health claims could enhance the credibility and appeal of these products in the market.

Finally, consumer feedback should be considered in future developments to ensure that the products not only meet nutritional standards but also satisfy taste preferences and cultural acceptability. This approach could lead to the successful commercialization of carob and beetroot-based products, tapping into the trend of health-conscious eating and natural food solutions.