

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

In conclusion, Black Rice & Pumpkin Seed Cereal is an innovative approach to functional nutrition, combining the ancient benefits of black rice with the nutrient density of pumpkin seeds. Black rice, often overlooked in modern diets, brings powerful antioxidants—especially anthocyanins—along with high fiber content that supports digestive health and satiety. Pumpkin seeds contribute healthy fats, plant-based protein, magnesium, and zinc, making the cereal a balanced and energizing option. With a rich, nutty flavor and naturally deep purple color, this cereal stands out both nutritionally and visually. It provides approximately 488 calories per serving, delivering 11.6 grams of protein, 5.6 grams of fiber, and a moderate 54.6 grams of carbohydrates, which makes it a sustaining choice for active individuals. The cereal is also low in sodium and contains essential minerals like iron (2.5 mg) and potassium (~300 mg). With a shelf life of several months and quick preparation time, Black Rice & Pumpkin Seed Cereal offers a convenient, breakfast or snack for health-conscious consumers seeking both functionality and flavor in their daily routine.

5.2 Suggestion

It is recommended that further research and development be carried out to enhance the texture, flavor profile, and nutritional composition of Black Rice & Pumpkin Seed Cereal. To further optimize the product's appeal, exploring innovative processing methods—such as puffing or natural sweetening alternatives—could lead to improved taste, mouthfeel, and consumer satisfaction. Additionally, studies focused on fortification with complementary ingredients such as dried fruits or plant-based protein sources could expand its functional benefits. Research into packaging innovations that extend shelf life without compromising nutritional value would also be beneficial. These efforts

are essential to refining the product's quality, boosting its commercial viability, and meeting the evolving preferences of health-conscious consumers.