

Title: A formulation for dietary fiber enriched cereal bar and a process thereof.

The present invention relates to a formulation for dietary fiber enriched cereal bar and a process thereof. Cereal bars are known in different names including energy bars, granola bars, food bars, meal replacement bars, etc. Fortified with proteins vitamins, dehydrated fruits, nuts, dietary fiber, etc., they are capable of being vehicles for supplying nutraceuticals. The present invention relates to food products supplemented with dietary fiber. The term dietary fiber defined as the components of plant materials which are resistant to human digestive enzymes, such as celluloses, lignin, gums, etc. In recent years, the physiological benefits of adequate levels of dietary fiber in the diet have become more and more evident. Such benefits include the normalization of the bowel function and reduction of the occurrence of certain colic diseases. Increased dietary fiber intake has been used in the treatment for diabetes, hypoglycemia, hypercholesterolemia, hypertriglyceridemia. Dietary fiber has also been used as a control for metabolic rates to help prevent obesity. In view of these benefits, health authorities in US have recommended a daily consumption of 20-35 g of dietary fiber. Due to increased health consciousness and awareness of the consumers, the demand for health foods is soaring throughout the world.