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Code:

An overview of the applications of barley and products derived from barley in the production of functional foods

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Background and Aims:

In recent decades, the use of barley as a useful food source for humans has been considered. The increase in interest in barley has coincided with an increase in the prevalence of obesity and chronic diseases such as cancer. Studies show that dietary fiber has many health benefits. Since barley is a very good source of dietary fibers, especially beta-glucan,

Results: This review article demonstrates that barley has the potential to be used in various baked goods. The rising levels of obesity have led to an increase in research regarding whole grains, particularly those with high levels of beta-glucan. Most of this research has shown the health benefits of barley and its potential for producing health-oriented products, especially in the area of bread. However, studies indicate that using barley in bread production is not without challenges.

Materials and Methods:

The present study is a simple review and the search of articles in Iranian and international databases Google Scholar, Iranmedex, Scopus, Cochrane library, PubMed, Science Direct was done within the time limit of 1900 to 2024 AD. After searching, 84 articles were selected based on research criteria.

Conclusion:

This review article shows that barley has the potential to be used in a variety of bakery products. The rise in obesity has led to increased research on whole grains, especially those that are high in beta-glucan. More research is needed regarding the potential of using barley in order to maximize the health of breads containing barley with minimal negative effects on the appearance and sensory quality of bread, so that consumers can replace these valuable breads with today's breads.

References:

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