

2nd International Conference on **Advances in Neonatal and Pediatric Nutrition**

&

15th International Congress on **Advances in Natural Medicines, Nutraceuticals & Neurocognition**

July 08-10, 2019 Berlin, Germany

Anthocyanins enriched tea bags and nutritional supplement drink made from black soybean**Cheng-Kuang Hsu**

National Chiayi University, Taiwan

Black soybeans are rich in anthocyanins and flavonoids and thus they were considered beneficial to human health. In recent years, black soybean tea bags have become popular in Taiwan and consumers are paying more attention to these health-improving tea drinks. The effect of roasting at 80-150°C was evaluated and the results indicated that 130°C roasting for 50 min could obtain more antioxidants and better flavor. Such roasting condition was then used to prepare the black soybean tea for the hypolipidemic test using animal model. It was found that the roasted black soybean tea could reduce cholesterol and triglyceride levels in the blood of hamsters and its antioxidant substances could increase the liver's antioxidant capacity and reduce liver damage. We also studied the potential of adding black soybean anthocyanins extract to nutritional supplement drinks (nutritional formulated drinks). The effect of casein, soy protein and whey protein on the thermal stability of anthocyanins was also investigated. It was found that these proteins could enhance the thermal stability of black soybean anthocyanins and a preheating treatment of these proteins at 40-100°C could further improve the thermal-protective effect of anthocyanins.

ckhsu@mail.ncyu.edu.tw