

**RESEARCH ON OBTAINING HYPOCALORIC AND
HYPOGLUCIDIC FOOD (*for overweight people*)**

— short presentation PHD thesis —

CLAUDIA FELICIA OGNEAN*¹, VASILE JÂȘCANU**, RODICA
SEGAL***

**Faculty of Agricultural Sciences, Food Industry and Environmental
Protection, "Lucian Blaga" University of Sibiu, Sibiu, Romania*

*** Alma Mater University, Sibiu, Romania*

****"Dunărea de Jos" University of Galați, Romania*

Abstract: Globesity became a public health problem worldwide with overwhelming economic implications for human society. Dietary fiber which have good water-binding capacity, low energy content or no energy are added to bread formulations to obtain low energy breads with a higher fiber content than normal breads. The effects of some ingredients on dough characteristics and sensory and nutritional properties of breads were investigated. Cellulose gums had promising results.

Keywords: bread, cellulose gums, gums, fibers, sensorial acceptability, energy content

¹ Corresponding author. Mailing address: University "Lucian Blaga" of Sibiu, Faculty of Agricultural Sciences, Food Industry and Environmental Protection, I. Rațiu 7-9, 550012 Sibiu, Romania. Phone: 0040/269/211338. Fax: 0040269212558. E-mail address: dia10000@yahoo.com, claudia.ognean@ulbsibiu.ro