

UTILIZATION OF SUGAR PALM SYRUP AS SWEETENER
IN THE PRODUCTION OF HALEYANG UBE
(*Dioscorea alata*)

THESIS

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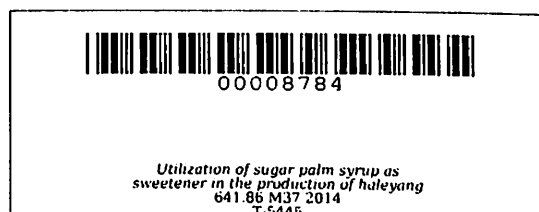
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**UTILIZATION OF SUGAR PALM SYRUP AS SWEETENER IN THE
PRODUCTION OF HALEYANG UBE (*Dioscorea alata*)**

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ABSTRACT

MASICAP, KIMBERLY A. Utilization of Sugar Palm Syrup as Sweetener in the Production of Haleyang Ube (*Dioscorea alata*). Undergraduate Thesis. Bachelor of Science in Food Technology. Cavite State University. Indang, Cavite. April 2012. Adviser: Mrs. Aitee Janelle E. Reterta.

The use of sugar palm syrup as sweetener in the production of Haleyang Ube (*Dioscorea alata*), was evaluated at the Food Processing Laboratory, Institute of Food Science and Technology, Cavite State University, Indang, Cavite from January to March 2014. This study generally aimed to develop *ube haleya* with sugar palm syrup. Specifically, it aimed to develop a recipe for the preparation of *ube haleya* with sugar palm syrup; evaluate sensory properties; determine water activity of *ube haleya* with sugar palm syrup; determine the acceptability level of *ube haleya* with sugar palm syrup; determine the glycemic index of *ube haleya* with sugar palm syrup and to determine the production cost and market potential of *ube haleya* with sugar palm syrup.

Moderately acceptable *ube haleya* with sugar palm syrup can be prepared using 340 ml of syrup for every kilo of *ube*. *Ube haleya* with sugar palm syrup has the traditional violet color, is sweet in taste, has moderately imperceptible off-flavor and soft texture.

Highly acceptable rating was given to *ube haleya* with sugar palm syrup by the consumer type panel. The glycemic index of this product is 54.8 which is lower than the GI of traditional *ube haleya* with sugar cane. The water activity of this product ranges from 0.91-0.87. This product has a unit price of P80.00 and was found to have a high market potential.

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INTRODUCTION

One of the favorites among the Philippine desserts is the *ube haleya* “purple yam jam” which is made from *ube* (*Dioscorea alata*). *Ube* is a favorite flavor for ice cream, cakes, candies, shakes, *hopia*, *ensaymada* and *haleya* which is being served in just about every Filipino household celebration like birthday, fiesta, Christmas and New Year's day (Zalmeda, 2007, p. 1). Due to the high sugar content present in most of the *ube haleya*, some consumers cannot consume this kind of dessert, especially those with diabetes.

The fact that sugar palm can produce a sap known as *tuba*, which contains 10-30 percent sugar, it can be used as substitute sweetener to sugar cane.

Sugar palm locally known as *kaong* or *irok* (*Arenga pinnata* Wurm merr), is one of the world's economically important palms for human consumption. It is considered as multi-purpose tree since it shows great potential by providing different products for human and animal feed. It provides sugar, fruit juices, syrup and germinated seed for human consumption (Gregoire, 2010, p.1)