

CHAPTER 7

RECOMMENDATIONS

- The present study for the first time has tried to explore green pea shells and green banana peels to check the presence of XOS. Few studies on corncob and other products have reported different levels of XOS content and there might be a correlation between varietal differences and XOS content. Hence, there is a great scope to explore several varieties of agricultural products.
- Alkaline extraction method needs to be explored further and to optimize the yield of XOS with different levels of pH, temperature enzyme dosage and different varieties. The method can be further modified for industrial set up and manufacture XOS out of agro waste at commercial level so as to raise country's economic growth by making it available at national and global markets.
- XOS was well accepted by the panel members for all the four products up to 10g of addition indicating that many foods may be enriched with XOS as a prebiotic and studied for their organoleptic acceptability.
- However, further in vivo studies shall be undertaken to demonstrate the clinical efficacy of XOS intake with respect to various non communicable diseases.