



NATIONAL NUTRITION CONFERENCE ETHIOPIA 2021

GENERATION AND MOBILIZATION OF NUTRITION
EVIDENCE TO TACKLE MALNUTRITION: FROM DATA TO ACTION

Formulation of “Dabo Kollo” using natural colorants: A double-edged sword approach to ensure food quality and safety

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First food innovation contest

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INTRODUCTION

- Recently, there is a sharp increase in the use of synthetic food colorants especially in food mostly consumed by children
- *Dabo-kolo* which is prepared occasionally at home during holidays or some other special gatherings, is one of the Ethiopian snack food in which synthetic food colorant is added
- It is marketed in to different color and shape as a snack food for consumers and liked by both children and adults
- Thus, it is recommended to use such product for fortification to combat micro nutrient deficiency in children and women

Source of color and their expected nutrient

- Beet root → Iron and folate
 - Pumpkin → β - Carotene
 - Carrot → β - Carotene
 - Tomato → Lycopene
 - Ethiopian kale → Iron
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- Other common ingredients
 - ✓ All purpose wheat flour
 - ✓ Sugar
 - ✓ Water
 - ✓ Oil
 - ✓ salt



Points that was considered

- ❑ Replacing synthetic food colorant that are hazardous for human health with natural food colorant
- ❑ Fight the micronutrient deficiency in children and women by Enriching the targeted product
- ❑ Increase the consumption of vegetables and encourage the farmers to produce more

Thank you!



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