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*Eat the Hull Cracker: A Palatability Study for the Ingestion of Wheat Hull*

Diets high in fiber have been shown to significantly reduce the incidence of disease such as heart disease, diabetes, and certain cancers. It has been shown that wheat hull contains anti-cancer compounds. (Matthews, 2012) The purpose of this study was to assess the palatability of foods that contain high amounts of fibrous hull obtained from wheat. It was hypothesized that the palatability of foods containing high amounts of fiber in the form of ground wheat hull will be most affected due to changes in taste and texture as the percentage of ground hull increases in food. And that appearance will least affect palatability. It was also hypothesized that the palatability of foods containing ground wheat hull will be increased based on the addition of honey to the food.

Crackers were prepared using increasing amounts of ground wheat hull, and taste tests were performed based on appearance, texture, and taste by fifteen individuals ranging in ages 16-33 years old. Individuals cleared their palates between each scoring with water.

The resulting data supported all hypotheses. The average scores for appearance, taste, and texture on the cracker with the highest amount of ground wheat hull was 4-4.5 of 6.

These data suggest that foods containing high levels of ground wheat hull so that foods will be palatable within the general population, therefore increasing consumption of anti-cancer compounds which are present in the hulls; the natural consequence which could be cancer prevention.