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## Butter paste development with red beet powder

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### ABSTRACT

In recent years, public health has deteriorated greatly in Ukraine. Cardiovascular disease, cancer and diabetes are becoming wide-spread. According to estimates of the World Health Organisation experts, 70% of your health relies on what you eat. Food should provide body with the necessary range of nutrients, which aid the prevention of disease. Food should be varied, tasty, safe and sensitive to national habits and traditions. Thus, the development of food products with prophylactic properties is very promising. These foods can be produced by adding natural supplements to traditional foods. This is why we have developed a butter paste with red beet powder. Functional properties and the harmonious blend of flavors serve as the criteria for the choice of additives. We added a mixture of flaxseeds and inulin to the milky base of the paste. Flaxseeds are a source of the polyunsaturated fatty acids omega-3 and omega-6. An absence or lack of these fatty-acids inhibits children growth, reduces the effectiveness of the reproductive system and has a negative effect on thrombosis. Inulin is recommended to help treat the following diseases: coronary heart disease, diabetes, obesity, atherosclerosis, cancer, osteochondrosis, infectious diseases and stress. According to sensory testing of the product, the butter paste has pleasant, creamy flavor, free from foreign odors and is light pink in color. From the analysis, we can see that the paste made with red beet powder has higher thermal stability than dairy butter and holds liquid fat better. The break down level of the material's structure is 75%, which indicates a prevalence of a coagulated structure. The paste made with red beet powder has a faster rate of repair than that of butter, during storage. Therefore, the paste made with beet powder, flaxseeds and inulin blends well with the building blocks of butter and give it nice taste and attractive appearance.

### KEY WORDS

Red beet powder, butter paste

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