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3. PECULIARITIES OF USE OF FOOD FIBERS IN THE MEAT INDUSTRY

For a long time, food fiber was considered an unnecessary component in the diet. It was believed that they have no value for the body. Scientific studies have shown that food fiber is extremely beneficial. A daily lack of only 15 g of fiber in the diet leads to diseases such as cancer, obesity, diabetes and premature aging.

Fiber has no taste, odor, forms clear solutions with water, does not change the natural organoleptic characteristics of meat products. Food fiber contains almost no calories, it can be used to make low-calorie foods. Due to the high moisture-binding and fat-retaining abilities, it is possible to further increase the yield of the finished product. Adding only 1.0% fiber significantly increases these figures when adding them to products. Because the fluid is transported to the core of the fibers by capillaries, the consistency is not subject to any adverse effects, thus ensuring the stability of the

product. Food fiber is insoluble in water and fat, which promotes good water binding while improving consistency. In some types of products such as pâtés, liver sausages, fiber can partially or completely replace the emulsifier. Even at high temperatures, food fiber remains thermostable. The field of application of food fiber in the production of meat products is quite diverse. Fiber is used in recipes for sausages, pâtés, zucchini, canned meat. By type of raw material food fiber is divided into wheat, carrot, potato, oat, orange, apple, tomato, soy.

Wheat, carrot and soybean varieties differ in terms of neutral taste and suitability for use in meat production. But most often for the production of meat products used wheat fiber, the technological properties of which depend on the length of the fibers. Usually, the greater the length of the fibers, the better the performance of fiber's moisture-binding and fat-retaining.

The use of food fiber in sausage production increases the yield of the finished product, reduces heat loss, improves the texture of the finished product, binds water and fat, which improves the use of vegetable proteins and starches, prevents water formation. In canned meat and meat and vegetable products, the introduction of fiber with the maximum use of fatty raw materials reduces the taste of fat, significantly reduces the cost, improves the process of dosing and packaging. The use of vegetable fibers as a functional additive for canned food allows to increase the thermal conductivity due to the thermal stability of the product, improve the structure, reduce the risk of brine formation and stratification of the stuffing, reduce the caloric content of the product.

Conclusions. Thus, food fiber plays an important role in the modern world in the field of nutrition, as it has the ability to provide the human body with nutrients that have a positive effect on well-being and overall health.

Literature

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