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BUTTER PASTE DEVELOPMENT WITH BIOACTIVE NUTRIENTS

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ABSTRACT

Given the dominance of food factor in the pathogenesis of diseases the most pressing social problem is the development of new domestic functional food technologies, aimed at protecting and maintaining health of the population. This suggests the feasibility of the development of functional product types. In recent years, it has developed new direction – micronutrientology, the use of plant-based supplements with health and medical-preventive properties. Micronutrient deficiency can lead to some serious health problems. Therapeutic and prophylactic properties of product are micronutrient complex interaction. In developed countries, special attention is paid to the consumption of foods with a reduced fat content with high level of bioactive micronutrients. We developed butter paste assortment with 42-48 % fat content. This product is butter analogue. A selection criterion of micronutrients is therapeutic and prophylactic properties and ability combined with butter components. For providing butter paste basis use butter, dry buttermilk and plant raw materials (inulin, flaxseeds). Inulin reduces blood sugar, cholesterol, triglyceride level. Inulin is recommended to be used in treatment of the following diseases: diabetes, obesity, atherosclerosis, coronary heart disease, osteochondrosis, kidney stone and gallstone disease, immunodeficiency, upon contact with radionuclides. Flaxseeds are valuable source of bioactive micronutrients: polyunsaturated fatty (PUFA) acids ω -3 and ω -6, vitamins (A, E, F), carbohydrates, microelements (P, Mg, K, Fe, Na, Cu, Mn, Zn). In recent years, PUFA ω -3 is refer to the basic micronutrients of health diet at diabetes mellitus, impaired brain deyatelnostib prevention of cardiovascular diseases and cancer and slows aging. We added chiccory and fructose in milk-plant basis for butter paste with antidiabetic properties; bee products (honey, pollen), linden flowers syrop with fructose, prepared by cryogenic technique for butter paste “Medova”; carrot and banana powders for butter paste cardiovascular system prophylactic properties. Integrated exploration showed all butter pastes have delectable and ritzy flavour, plastic and heat-resisting consistency. Food additive complex aid to formation nanoscale structure elements, which lead to high physical-chemical rates of products.

KEY WORDS

Butter paste, PUFA, micronutrientology.

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