

39. Production of meat products for health purposes

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Introduction. The most important direction in the field of processing of agricultural raw materials and food production is the development of fundamentally new technologies for obtaining functional food products, balanced in terms of all nutrients: proteins, fats, carbohydrates, vitamins, minerals, essential components.

Materials and methods. Food rations should meet the needs of different strata of the population in rational nutrition, adequate, national traditions, age, profession, state of health, economic status and situation, in accordance with the requirements of modern medical science.

The results. One of the important components of modern healthy nutrition is the daily consumption of plant-based products, which are the source of most vitamins, provitamins, minerals and dietary fibers.

Functional, health-prophylactic products are designed to promote disease prevention, improve protective functions, and create conditions for increasing the body's ability to counteract adverse environmental effects. At the same time, they should either serve to preserve health or to restore it. Inadequate supply of a number of trace elements, particularly iodine, becomes a significant problem.

Iodine deficiency in the environment is the main factor in the development of thyroid gland diseases, and is the most common endocrine pathology in both children and adults. The problem of lack of biologically active substances in the diet can be solved by using seaweed and functional additives from them in their diet.

Seaweed is the only natural source of iodine and its organic compounds. Iodine in algae is contained in the form of iodine of organic substances, which contributes to its easier assimilation compared to inorganic iodine. Among the studied algae, the most promising and useful were *Cystosira* black sea algae, fucus and kelp.

The chemical composition of algae ensures their special value as highly nutritious food rich in vitamins and microelements with a number of dietary and medicinal properties. Seaweed food has immunostimulating and hepatoprotective properties, lowers the level of cholesterol and lipids in the blood, can stimulate hematopoiesis, has enteroabsorbing, radioprotective and oncoprophylactic effects.

Conclusion. Therefore, it is appropriate to consider algae as a functional ingredient that can enrich traditional food products. The development of new types of products of increased biological value, first of all, combined meat products, is the most effective way to solve the problem of saturating the body with the necessary nutraceuticals.

The creation of combined meat products and semi-finished products involves the combination of meat raw materials with high-quality raw materials of plant origin, which are able to satisfy the deficiency of amino acids, vitamins, macro- and microelements in the human body.

Literature.

I.O. Moskalyuk, O. Haschuk, M. Medyanyk, D. Zhuchenko, I. Simonova. Creation and expansion of the assortment of meat products enriched with biologically active substances of plant origin. Materials of the 88th International scientific conference of young scientists, graduate students and students "Scientific achievements of youth - solving the problems of human nutrition in the XXI century", April - May 2022 - K.: NUHT, 2022. Part 1. p. 238.