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НАУКОВО-ПРАКТИЧНА КОНФЕРЕНЦІЯ

**«Сучасні тренди і перспективи в галузі переробки
м'яса і молока»**

ПРОГРАМА ТА ТЕЗИ МАТЕРІАЛІВ

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65. EXPANSION OF QUICK-COOKING PRODUCTS FOR A BALANCED NUTRITION

From the moment of birth and throughout life, nutrition affects the human body. One of the most important and fundamental problems facing society is providing the population with food. The ingredients of food substances, entering the human body with food and transforming during metabolism as a result of complex biochemical transformations into structural elements of cells, provide the body with plastic material and energy, create the necessary physiological and mental performance, determine the health, activity and life expectancy of a person.

Therefore, the state of nutrition is one of the most important factors determining the health of the nation. Food products should not only satisfy human needs for basic nutrients and energy, but also perform preventive and therapeutic functions.

Modern trends in the nutrition of the population are increasingly focused on the development of the market for quick and easy-to-prepare products, which at the same time have high nutritional value and are affordable for the average consumer. Frozen meat products are one of the most actively developing segments of the fast food market. Compared to meat consumption in general, the level of consumer demand for meat semi-finished products is developing at an outpacing pace. A significant part of the meat products market is currently made up of frozen meat semi-finished products. Semi-finished products are various food products prepared for sale, intended for consumption after heat treatment.

Using modern methods of "shock freezing", various types of semi-finished products retain all the beneficial properties of the original products. Frozen semi-finished products add variety to the everyday menu and allow you to quickly prepare tasty and healthy dishes in conditions of time shortage. Frozen products with various fillings and ready-made meals simplify the lives of consumers, which leads to market expansion. Buyers place demands on quality, design, information support, and ease of product search.

Using our own raw materials allows us to provide high-quality meat raw materials. According to the modern theory of balanced nutrition, for normal human life it is important to receive an adequate amount of energy, protein and a balanced ratio of amino acids, vitamins and minerals. Protein, which builds cells and provides the structure of the body, plays a key role in a balanced diet.

According to the International Committee on Protein Requirements, the daily protein requirement (under the conditions of complete protein) is on average 0.55 g per 1 kg of human weight, provided that the body's energy needs are met through carbohydrates and fats. It is recommended to consume protein in the following ratio: 55% animal and 45% vegetable.

Conclusions. This problem is solved by combining meat raw materials with vegetable fillers. Vegetable fillers include soy flour, concentrates, isolates, starch, fiber, as well as the use of vegetables.

The development of new instant products makes it possible to balance the biological and nutritional value, expand the range and create a product with reduced calorie content.

References

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