

## ENRICHMENT OF MEAT PRODUCTS BY IODINE THROUGH THE USE OF SEAWEED

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Iodine deficiency disorders - is one of the most common somatic diseases of humanity on the Earth. Radiation contamination of area leads to food contamination by isotopes of iodine, cesium, strontium and leads to the development and increasing the number of thyroid diseases, cardiovascular and hormonal systems, cancer and other diseases. Therefore an important role plays functional health food. Providing the population with valuable products has become an important economic, social and political factor in the modern world. The most effective and expedient way to solve this problem - is the development of different types of specialized foods that are fortified with extra vitamins, macro and trace elements to a level that corresponds to the physiological needs of a man. As a natural source of iodine and its organic compounds were selected seaweed fucus, Cystosira Black and kelp. The presence of iodine in seaweed and selenium in organic form, and the relationship between them ensures the normal function of the thyroid gland and the optimal development of its most important hormones thyroxine and triiodothyronine, which regulate the action of all organs and body systems.

On the basis of the above mentioned there were developed meat products including burgers, meatballs, rissoles, dumplings, sausages for grilling, which had various heat treatment in order to study the iodine and selenium in finished products and their receipt to the body when consumed products.

Based on selected groups of meat products, they had different heat treatment in order to bring to completion: frying, steaming, cooking, stewing and roasting on the grill. Determination of iodine was performed by stripping voltammeters, selenium by fluorometry method. It was studied the part of iodine, selenium in sausages for grilling and other trace elements in meat raw materials and ready-to-eat foods. By studied was found that iodine loss during heat treatment of sausages - roasted on the grill is 15,0 - 20,5%, significantly lower than rissoles braised in sauce, fried cutlets or cooked meatballs, ravioli. There are not so different losses when cooking burgers by steam method - 13,5 - 21,8%. It was found that the smallest loss of selenium is 7,3 - 8,3% when frying sausages on the grill compared to heat treatment - stewing, frying, boiling and steaming related products.

**KEY WORDS:** semi sausages for grilling, seaweed, trace elements, heat treatment.