

Research on the convenience of pumpkin powder usage in instant food for military forces

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In today's world with the fast paced life, the main factors stimulating the creation of new food are people's desire for a healthy lifestyle and the convenience of consumption.

Considerable attention should be paid to the organic herbal products that contain amino acids, vitamins and minerals, dietary fiber and essential fatty acids, which are useful for human health. According to statistics, the number of functional food consumers in the European market is growing by 6 ... 7% annually.

Promising feedstock for expanding the range of instant food for the military forces is pumpkin powder. Even though it is not so often used by Ukrainian producers, but it has a unique chemical composition and is useful for the human body.

Pumpkin powder is a source of biologically active substances. Its composition comprises the significant amount of protein, carbohydrates and fats; necessary for the human body minerals, such as potassium, iron, iodine, selenium, and B vitamins niacin, riboflavin, thiamin. There is a significant amount of mono- and disaccharides, organic acids present in the pumpkin powder.

In addition, it was found that pumpkin should be consumed by people suffering from iron-deficiency anemia. Due to the presence of potassium, the use of pumpkin improves blood quality, changes blood vessel, normalizes blood pressure. It also improves the work of kidneys and liver, cleanses the body of toxins, bad cholesterol. Since, the pumpkin powder is made from primary raw materials it retains all the properties of the natural pumpkin.

Thus, having conducted the current scientific analysis, we can make a conclusion that the use of pumpkin powder is appropriate while developing food concentrates for lunch of instant food for military forces.

KEY WORDS: pumpkin powder, food concentrates, military forces

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