

Implementing of technologies of meat products for special nutrition

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Introduction. According to WHO, malnutrition causes 60% of all human diseases, and among people over 65 years, about 75% have some kind of disturbance in nutrition.

Materials and methods. During the execution of experimental research methods used in the environment in vitro (artificial stomach) and in vivo (on white rats) and conducted clinical micronutrient bioavailability study involving older people in clinical GA Institute of Gerontology them. D.F. Chebotarev NAMS.

Results. The aging process is accompanied by changes in the body that affect the processes of perception and digestion, as well as the physiological needs for nutrients and energy. These changes include: reduction of taste and smell; changes in the dental arcade (loss of teeth and dentures substandard); inflammation of the oral mucosa; reduced secretion of saliva; dry mouth and decreased taste sensation caused by drugs; reduced secretion of hydrochloric acid in the stomach, affecting the absorption of calcium, vitamin B12; decrease in kidney function that affects the excretion of drugs and maintaining normal water-salt metabolism and others.

Therefore, the basic principles of eating healthy elderly and old people is strict compliance enerhotsinnosti diet of actual energy consumption; antisclerous focus food; variety of products to ensure optimal and balanced content in the diet of all necessary elements of the body; use products and dishes that have a fairly easy digestibility, combined with food, moderately stimulating secretory and motor functions of the digestive system; individualization based food metabolism and condition of individual organs and systems.

Also important to ensure optimal proportion between animals and plant proteins in the diet (1: 1). The range also special products for such a huge social and age groups as the elderly, the elderly and centenarians limited and generally meat processing plants are not produced in Ukraine. In this regard the development of recipes and technologies gerontologic meat products is very relevant issue. Accordingly, the department of technology of meat and meat products fortified (ф о р т и ф і к а ц і й н и й) developed a wide range of meat products for human nutrition elderly mikronutriyentnym balanced in composition.

In clinical trials, development found that patients receiving meat well tolerated, there were no side effects or worsening of clinical symptoms. In 80% of patients developed products are effective and safe source of calcium in the diet of older people.

Conclusions.

1. Based on the analysis of literature data and patent sources, summarized and made formalizing requirements for food rations and the elderly, the composition selected raw meat.
2. A balanced meat products, which are metabolic adequacy of the requirements that apply to Gerontologic products.