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Частина 1

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27. Increasing the nutrition of meat products using non-traditional raw materials

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Introduction. Providing the population of the state with complete and ecologically safe meat products is one of the main tasks of social development of Ukraine. Protein, which is a substrate that participates in the basis of all life processes, occupies a special place in human nutrition. Nutritional value of meat and meat products is determined by the content of biologically complete and easily digestible proteins. The current general shortage of meat resources, the violation of refrigerated storage, high volume of meat with defects and low functional properties leads to the loss of meat proteins, minerals and vitamins and makes it advisable to use protein and mineral additives in technology products.

Materials and methods. An important reserve in addressing this problem may be the unconventional high protein crops that have high sustainable yields.

Having analyzed the literature, we found that quinoa is undervalued in our market. Quinoa is an annual plant that sprouts in South America on the slopes of the Andes. This product was a staple of Native American food. In the Inca civilization, it was called "golden grain" - the cause of this recognition of this product is a rich in nutrients.

Quinoa grains are reminiscent of buckwheat in shape and size, but they are different in color: quinoa has three main types, so its cereals can be beige, black and red. This product is a true source of proteins, carbohydrates, fats, minerals, fiber, B vitamins, phosphorus, iron, potassium, calcium and zinc.

Research results. Quinoa grains contain the amino acid lysine, which promotes better absorption of calcium, faster healing of damaged tissues, improving the process of growth and bone formation. Therefore, this product is especially recommended for children and people who are prone to many injuries, such as athletes. This same amino acid increases the health of nails and hair. The large amount of fiber in this cereal helps to excrete cholesterol and toxins, which makes quinoa extremely useful for people suffering from heart disease, hypertension, diabetes and being overweight.

Regular consumption lowers blood sugar and prevents the development of cardiovascular disease. It is also worth noting that tryptophan in the composition of quinoa promotes the production of the joy hormone - serotonin. Here, quinoa grains are not inferior to chocolate and calories are much smaller. In addition, quinoa is suitable for people with celiac disease or gluten intolerance found in wheat, rye, and barley. Thus, quinoa is a promising raw material for its use in the technology of meat products.

Conclusions. Based on the above, at the Department of Technology of Meat and Meat Products, young scientists conduct scientific work on the development of modern nutritionally adequate food using multifunctional superfoods, which in small quantities can provide a significant number of necessary organisms.

Literature.

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