

INNOVATIVE PRODUCTS IN PUBLIC CATERING (ІННОВАЦІЙНІ ПРОДУКТИ ГРОМАДСЬКОГО ХАРЧУВАННЯ)

Марченко С.Ю., гр. М-19

Наукові керівники: ст. викл. **І.І. Ков'ях,**

ст. викл. **О.М. Муравйова**

Харківський державний університет харчування та торгівлі

У доповіді йде мова про інновації у виробництві борошняних виробів з дієтичними властивостями, їх особливості та приклади.

More and more consumers are concerned about their health, so functional foods with specified properties, including flour products that don't contain sugar, are becoming increasingly important in the diet. Most people want to combine health benefits with maximum taste satisfaction and a guarantee of weight control.

The reason is that overweight people worldwide have been growing alarmingly recently, accompanied by an increase in chronic diseases such as high cholesterol, diabetes, heart disease, high blood pressure, decreased vitality and weakened immune systems.

So, the most promising way to reduce the carbohydrate load on the human body and save granulated sugar is the use of various substitutes, both natural and artificial. Representatives of natural sweeteners are stevioside, a glycoside isolated from the leaves of the stevia plant, glycerizine – glyceric acid, which is obtained from the roots of licorice. Stevia leaf powder, which is low in calories, non-toxic and does not cause side effects in the human body, has been widely used in the production of flour. Ground pear is a popular fodder, vegetable, technical and medicinal crop, the value of which is due primarily to the number of biologically active components. The content of vitamins B₁, B₂, C it's almost 2.5 times higher than beets, potatoes and carrots.

Jerusalem artichoke is especially high in inulin (up to 35%) – an effective component in the treatment of atherosclerosis, diabetes, obesity, various intoxications. Inulin and its derivatives remove from the body heavy metal salts, poisons, radionuclides. A significant difference between Jerusalem artichokes and other vegetables is their high protein content (up to 3.2% dry matter). So, it is advisable to use it in the amount of 4–6% for the production of flour products. Wild herbs such as spring primrose leaves and flowers, dandelion leaves, peppermint and thyme are used as additives in baking. A wide range of artificial sweeteners is used for flour production.