

SEMI-PRODUCTS FOR GERONUTRITION

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Over the past twenty years, Ukraine has seen a sharp deterioration in the demographic situation. The process of accelerated aging of the population is due to a simultaneous decrease in the birth rate and a reduction in life expectancy. The main age-related pathologies are: metabolic disorders (obesity, diabetes), cardiovascular pathologies (heart attack, stroke, coronary heart disease, atherosclerosis, hypertension), oncological pathology, diseases of the musculoskeletal system (osteoporosis, rheumatism, radiculitis). Nutritionists distinguish 9 main groups of geroprotectors: dietary fiber (soluble and insoluble), vitamins (A, C, D, group B), minerals (potassium, magnesium, calcium, iron, iodine, zinc, silicon), some lipids (PUFAs, omega-3, lecithin), antioxidants (some amino acids, vitamins A, E, C, bioflavonoids), prebiotics (lactulose, inulin), probiotics (lacto- and bifidobacteria), products with an alkaline reaction, products with anti-sclerotic properties.

Currently, the production of frozen semi-finished products is one of the most dynamically developing sectors of the food industry. Analysis of domestic and foreign experience in improving the technology of frozen semi-finished flour products made it possible to identify two main directions: the use of unleavened dough quality improvers and the enrichment of minced meat with functional ingredients. In order to increase the biological value and impart functional properties, we proposed using lactulose, lecithin, nutria or rabbit meat, Jerusalem artichoke, oatmeal, and spice extracts in the technology of dumplings and dumplings. Technology of frozen functional semi-finished products for gerodietetic nutrition, which includes: preparation of a dough base based on oatmeal with lecithin, preparation of minced meat with Jerusalem artichoke and lactulose: meat – for dumplings, vegetable – for dumplings; forming, freezing and other standard operations for preparing frozen semi-finished products for flour dishes. Oat flour was chosen for the test base, which helps reduce the risk of coronary heart disease. This became possible precisely thanks to the addition of lecithin, which is widely used in baking for improving the quality of the test. Beans were chosen as the main component of minced vegetables. Bean protein is known to improve health and reduce cholesterol levels and reduce the risk of cardiovascular disease.