THE FORMATION OF NEW NUTRITIONAL PROPERTIES OF BOILED SAUSAGES

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The recipe of boiled sausage which is enriched with bioorganic calcium compounds, on the base of the traditional dining sausage (interstate standard 23670) is elaborated. The food bone semi finished product is introduced into the recipe of dining sausage in amount of 7% instead of pork; it allows elaborating new health action product with is aimed at osteoporosis prophylaxis. Optimal ratio of calcium: phosphorus, which is 2.4:1 is obtained, which allows to absorb and assimilate these nutrients from sausage. Vitamin D increases the calcium absorption from the sausage in the human intestine, and also carries out its regulatory functions in the exchange of Ca and forms from it the kidney hormone calcitriol.

Reduction of phosphorus content in two times as compared with the calcium content in the sausage increases the effects of Vitamin D on human bone strengthening. Vitamin C promotes collagen synthesis, and forms transport form of vitamin D in human liver. Boiled enriched with bioorganic compounds of calcium sausage is elaborated on the base of the ratio of calcium: phosphorus and the role of vitamins D and C, allows to extend the assortment of boiled sausages and it is functional food product which promotes the prophylaxis of osteoporosis.

Keywords: osteoporosis, prophylaxis, sausage, recipe, calcium, phosphorus, vitamin D, ratio, sodium ascorbinat, indices.