ORGANOLEPTIC CHARACTERISTICS AND TASTING ASSESSMENT OF FRUIT BARS ENRICHED IN DRIED THALLI OF LAMINARIA AND WAKAME

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Today, the question concerning the lack of iodine in the diet of humans arises sharply. Iodine is necessary for the synthesis of thyroid hormones responsible for human development and rate of metabolism. Seaweed is a rich source of iodine. Seaweeds contain nutritional elements such as proteins, carbohydrates, vitamins and minerals. Laminaria and wakame are the most popular seaweed in human nutrition. Laminaria and wakame are rich in sodium, potassium, calcium, magnesium, phosphorus. These seaweeds are an excellent source of iodine amino acids. Algae have become a major ingredient in different food products in many countries (in particular Japan, Korea, China, Norway, Sweden, Iceland, Denmark, Belgium, France, United Kingdom of Great Britain and Northern Ireland). Nowadays seaweeds (especially it concerns laminaria and wakame) are becoming increasingly popular in the diet of Ukrainians.

Snacks (fruit bars) are gaining popularity around the world due to natural ingredients, absence of heat treatment, that allows maintain high content of vitamins and minerals. Therefore, it was decided to enrich fruit bars in dried thalli laminaria and wakame. Organoleptic quality parameters and tasting assessment of the received fruit bars are studied. The optimum mass fraction of dried shredded laminaria and wakame thalli in fruit bars by the organoleptic characteristics is determined.

Adding 0.7% dried thalli of laminaria and 2% wakame, optimum organoleptic properties are specified. To assess organoleptic tasting parameters, a special sensory analysis was held. It confirmed the percentage of the introduction of ground thalli dried laminaria and wakame. Studies change of the chemical composition of fruit bars containing algae.

Keywords: thalli, iodine, laminaria, wakame.