RESEARCHES REGARDING THE SOY BASED FUNCTIONAL INGREDIENTS

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SUMMARY

Nutrition has a major impact on health because human food must positively influence it. The energetic disequilibrium associated with unhealthy eating, by the increasing amount of fats, sweets, salt, along with a reduction in food fibres, has lead to metabolic disequilibrium, especially to the likeliness of severe food diseases occurrence, such as: obesity, diabetes, some forms of cancer, osteoporoses, heart conditions etc.(1).

Hence, the concept ‘healthy foods’ has appeared, as synonymous to ‘functional foods’.

A certain food can become functional by adding functional ingredients or by replacing some of its elements by some other functional ones. Therefore, white flour which is obtained by removing the natural elements of the wheat grain that are to be found in the shell and in the aleuronic coat can become functional by adding fibres. (soy fibres, barley fibres, rice husk etc.). The ingredients that provide for the functional nature of foods are called ‘functional ingredients’.

Bread is a major food that highly influences the balanced functioning of the organism. Hence the tendency to supplement the wheat flour proteins with physiologically important elements, which contain amino-acids that are different from those found in flour.

The elements of soy, proteins and isoflavones (daidzeine, genisteine) are biologically active that have functional effects similar to those of estrogens (the alleviate the menopause symptoms), protective effect against some forms of cancer, they reduce the level of total cholesterol, of LDL cholesterol and plasmatic triglycerides, fight against osteoporoses, alleviate retina ailments (2).

Consumers have to be properly informed about the elements that are to be found in foods so that they develop healthy eating awareness.

Pastry industry is currently seeking to expand its products range, to create new products to appeal to sensitive needs, but also to constitute a way of maintaining and improving people’s general health.

This is why research conducted in this field has been oriented towards a functional soy-based product.

BIBLIOGRAPHY