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Innovative technology for healthy menu reformulation

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The nutrition impact on the weight and currently the health status is the main focus of the study that aim to reformulate menu offer by a local catering company by introducing ingredient of vegetal origin (vegetables, fruits, herbal plants, salads, spices, vegetable oils cold pressed, etc.) rich in dietary fibers, polyphenols, antioxidant compounds, anti-inflammatory compounds, bioactive peptides and enzymes, probiotics and prebiotics foods with a direct impact on the body weight and wellbeing. Nonetheless, the reformulation of the menus are aiming to increase the satiety and nutritional density. The study reformulated 94 menus (36 main courses, 35 garnishes and 23 soups). The USDA-National Nutrient Database a validated and annotated database was used as reference. The main nutrients assessed were total lipids (Saturated Fatty Acids (SFA), Monounsaturated Fatty Acids (MUFA), Polyunsaturated Fatty Acids (PUFA) and trans fatty acids), proteins, carbohydrates, dietary fibers, vitamins, minerals, water, ash, flavonoids and energetic value. The results of the menu reformulation and assessment expressed the caloric values of each food ingredient, nutrients assessment (macro- and micro-nutrients), the analysis of other essential healthy nutrients (report between saturated and unsaturated fats, dietary fibers, salt, sugar and flavones) linked with body weight management. The reformulated menus have an increased content of flavones, dietary fibers, prebiotic and probiotic content and less sugar, salt and saturated fat with an increased antioxidant and anti-inflammatory activity. Accordingly to the sensory analysis performed with hedonic test, the most appreciated menu were the reformulated "lasagna" and chickpeas balls with coriander and herbs.

Biography

Ramona Suharoschi has more than 19 years' experience in the field of applied nutrigenomics in food science, development and optimization of nutritional intervention of functional food products, food safety and food toxicology. She has completed PhD in the field of Veterinary Medicine at University of Reno, Nevada USA and University of Ulster, Coleraine, Northern Ireland, having as research topic "In silico Studies of Prostate Cancer". She has published more than 50 papers in national and international journals of scientific flow.

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