

DEVELOPMENT PROSPECTS OF FUNCTIONAL BREAD AND FLOUR PRODUCTS

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Abstract . This scientific article analyzes the importance of functional bakery products, their production technologies, methods for increasing their nutritional and biological value, and promising directions in the modern food industry. It also discusses the issues of improving public health, developing preventive nutrition, and ensuring food safety through the use of functional ingredients. The importance of bakery products enriched with cereals, plant fibers, probiotics, and natural antioxidants for the human body is scientifically substantiated.

Key words: functional food, bakery products, dietary fibers, probiotics, antioxidants, biological value, preventive nutrition, innovative technologies.

Bread and bakery products are one of the most important types of food in the human diet. A large part of the world's population covers the main part of their daily energy needs from cereals. Therefore, increasing the nutritional value of bakery products and transforming them into products with functional properties is one of the important directions of modern food technology.

In recent years, the increase in the incidence of cardiovascular diseases, diabetes, obesity, and digestive system diseases among the population has increased the demand for functional food products. From this point of view, the introduction of functional food technology into the bakery industry is of great importance.

Functional bread and bakery products have not only a high nutritional value, but also a preventive and physiological positive effect on the human body.

Functional bread and bakery products are products containing biologically active substances that have a positive effect on the human body. Such products :

- body immunity strengthens ;
- digestion the process improves ;
- the amount of cholesterol in the blood reduces ;
- substances exchange moderates ;

- separate of diseases ahead to take help gives .

Functional products work in production main purpose of the product organoleptic characteristics saved in case his/her biological value from increasing consists of

Functional ingredients types :

Food fibers of functional bread products important structural part is considered They are intestines activity improves and intestinal microflora balance in storage important to the point owner

Food fibers sources :

- barley him/her ;
- oats products ;
- bran ;
- fruit and vegetable powders ;
- linen seed

Products rich in fiber regularly consumption to do obesity and risk of diabetes reduces .

Plant proteins - functional bread and bread products work soybeans , peas , mash and other legume crops from it use of the product biological value increases . Proteins are an important plastic material for the human body.

Bread products enriched with plant proteins are important in the diet of athletes, children, and dieters.

Vitamins and minerals . Modern technologies for enriching bread products with iron, calcium, iodine, and vitamins are an important factor in preventing micronutrient deficiencies among the population.

Especially :

- iron - anemia in prevention ;
- calcium — bone system for ;
- iodine - thyroid function for important to the point owner

Natural antioxidants . Antioxidants the organism free radicals from the influence protection does Pumpkin , grapes flax , flaxseed seed , fruit functional bakery products with powders for promising raw material is considered .

Products rich in antioxidants :

- aging the process slows down ;

- immunity increases ;
- heartbeat vein diseases danger reduces .

Functional products technology traditional bread maker to release to the process innovative approaches current to do demand will .

Main technological stages : raw material selection and preparation , recipe dough aging , fermentation process , cooking , cooling and packaging

Functional additives of dough rheological to the characteristics impact to show can Because of this technological parameters optimization important to the point owner

Last probiotic microorganisms in the years added bread products work to release according to research expanding . Probiotics improve intestinal microflora, strengthen immunity, activate digestion.

The production of special functional bread products for people sensitive to gluten is one of the current trends. Such products : corn flour , buckwheat , rice flour , from amaranth flour is used .

Functional bread products regularly consumption to do substances exchange improves the body 's energy balance moderates , intestines activity improves immunity system strengthens the amount of glucose and cholesterol in the blood reduces .

Healthy eating functional bakery products in concept important place It will catch .

Uzbekistan village farm a country rich in products is considered Pumpkin , mash , peas , sunflower , flax seed and from fruits as a functional ingredient effective use possible .

Local raw material based on :

- vitaminized bread;
- wholemeal bread;
- diabetic products ;
- high proteinaceous products work to release promising is considered .

This of the population healthy to eat provision and to imported products dependency to reduce service does .

Functional bread and bread products work exit food of the industry current and promising from directions one is considered Such products population health

improvement of diseases ahead to take and ration biological value in progress important to the point owner

Modern technologies based on food fibers , probiotics , vitamins and natural antioxidants with enriched products work to release functional nutrition in the future system further to develop service does .

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