

Healthier Meat Products Through The Replacement Of Fatty Acids And The Incorporation Of Dietetic Fiber (#72)

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Introduction

Currently, there is a growing trend towards the consumption of healthy foods with defined nutritional characteristics, made with functional ingredients and that have health benefits. In this sense, meat products could be healthier if their sodium content were reduced, their fatty acid composition was modified and dietary fiber was added. In Chile, the consumption of charcuterie reaches 22 kg / inhabitant per year and one of the main products consumed is sausages.

Methods

The objective of this work was to produce reduced sausages in animal fat, for which 23% of the animal fat contained in oat fiber (26% and 35% substitution) and canola oil (48% and 100% substitution). All these products were evaluated with proximal analysis, fatty acid composition, cholesterol content and consumer sensory analysis.

Results

The proximal analysis indicates that the incorporation of oat fiber and canola oil tend to decrease the energy content (Kcal / 100g), sodium (mg / 100g) and fat (%), in relation to its respective control product. In the case of oat

fiber, its use in the substitution of fat in meat products reduces the caloric content, cholesterol, improves the texture and stability of these products thanks to its contribution of fiber. The incorporation of canola oil reduces calories, cholesterol content and improves the nutritional quality of the fatty acid profile. A sample of 400 people participated in this sensory analysis of healthy meat products, carried out through an 8-point hedonic analysis (1 = I extremely dislike: 8 = I like it extremely). The chorizos with oat fiber were evaluated in the range 6 (I like moderately) to 7 (I like a lot) of the hedonic scale. According to the results obtained, the longaniza with greater incorporation of oat fiber (35% substitution) obtains the best score in the attributes smell and tenderness. In the treatments of canola oil, the longanizas with less incorporation of canola oil (48% substitution) present better evaluation in the attributes smell and tenderness.

Conclusion

According to these results, the sausage and their treatments are an alternative of healthier meat products, which were well evaluated in the sensorial analysis of consumers.

Notes