

INSTANT BEEF: ELABORATION OF A PROTEIN MIX

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PURPOSE: this project aimed to develop a soluble powder PROTEIN MIX (PM), rich in bovine protein of a high biological value, source of iron, low content of saturated fat and salt, soluble, used by patients (soups, creams, purees, sauces, sweet cream etc.), so as to enrich them by supplying the needs of animal protein. Hence, a partnership with JBS (Food division) was established. **METHODS:** The PM was developed with cuts from the beef's front and back parts, 100% of animal origin, free from industrialized products. The chemical composition of the PM was analyzed by quantifying its macro-nutrients, calcium, Iron and Sodium. **RESULTS:** The amounts of calories and macronutrients in 100 grams of PM was 329 kcal, 2,9g of Carbohydrates, 0,3g of lipids and 78,7 g of proteins with high amino acid profile. The Calcium amounts were 320 mg/100g PM; 1,742mg/100g PM for iron and 1403mg/100g for Sodium. The profile of aminoacids comprising in gram of aa/100g PM were Aspartic acid (4,09); Treonin (1,11) Serine (2,26); Glutamic acid (9,32); Prolyn (8,16); Glycine (14,44); Alanine (6,10); Cystine (0,70); Valine (1,48); Methyonine (0,54); Isoleucin (1,03); Leucyn (1,89); Tyrosine (0,37); Phenylalanine(1,27); Lysine (2,26); Histidine (3,35); Arginine (5,11). **CONCLUSIONS:** The elaboration of the PM accomplished all the goals, aiming at a product which is rich in animal protein, soluble, of a high biological value, and has a reduced content of saturated fat and sodium that present a good palatability and has come to consolidate our initial concern of using it in the diet of patients undergoing clinical situations which lead to oropharyngeal dysphagia of the elderly and infants.

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