

NUTRITIONAL VALUE OF SOME ANIMAL PRODUCTS INCLUDED IN THE STRUCTURE OF BREAKFAST

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Abstract

The establishment of a proper diet should be based on existing nutritional information on food labels and not on other unauthorized sources of information. The present study was performed on 4 groups of food products of animal origin that are frequently consumed at breakfast, namely: meat dishes (Salam de Sibiu, Salam de vară, Tobă, and Lebărvușt); cheeses (Emmental and Dalia cheese); acidic products (Sana and Kefir); other products (butter and eggs). For meat preparations, the analyzes performed showed energy levels 3.10-10.88% higher than those specified in the product standards, as well as deviations from the protein and fat contents. Exceedances of normal energy levels were also identified in the dairy products category, especially in cheeses (by 16.89-21.84%), but also in Kefir (by 6.83%) and butter (by 3.55%). ; only at Sana was determined a lower energy value by 0.42%. As for the studied eggs, they had less protein but more lipids, so their energy value was 4.9% higher. In products where salt is used in the manufacturing process, no levels higher than those declared were found. Our study concluded that food of animal origin found in the structure of breakfast has deviations from normal nutritional parameters, probably against the background of differences in the quality of raw materials used in production processes specific to each of them.

Key words: products of animal origin, breakfast, chemical composition, energy value