



## Efectele procesării alimentelor în secolul XXI asupra metabolismului uman

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This paper propose to tackle the influence of the thermic processes to the food nutrients, generated correlation between the food nutrients and the human metabolism. The changing the nutritive value of the food needs new tendency for the processing food, as well as to prevention the deterioration its, keeping constantly. So that, the physiological and metabolic systems of the human organism should made, permanently, a tendency of balance. Prezently, the classic thermic processes and these with the microwides or infrared have making the changing of the chemical structure of food, which will generate the eliminating of constitution water of food. The changes of the chemical and phisical structure could determinated the senzorial qualities and the nutrientes through the products. The modern tendences of the proccesing of foods which wachted to shorten the processing and conservation of its through long time, changing essential capilare structure of food. These changes generate another structure for glucides, lipides, proteins, mineral salts and vitamins, capilary water, which are the vital elements well-established by the ADN structure of the human person. The researching study watch the evolution of food which are thermic proccesing through the different methodes, the compatibility with their nutrients. Absence of this compatibility determinate the energetic deficiency of the human organism and the symptoms of the different diseases.