

The use of spread in human food

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Abstract

New technologies and a wide range of dairy products, balanced in food and biological value, contribute to the improvement of the nutrition system. In this regard, there is undoubted interest in the creation of functional food products based on the achievements of modern biotechnology and nutrition science, which are intended for a targeted impact on the human body. Promising in the creation of qualitatively new dairy products, balanced in nutritional and biological value, the direction of combining dairy and vegetable raw materials is presented. Not so long ago, a new product began to appear on the shelves of the stores, similar to butter, but also to margarine. It is, of course, about the spread. The spread is really similar to both butter and margarine, but in the end it is a completely separate product consisting of vegetable and dairy fats. Unlike the already mentioned oil, this product does not burn and does not emit harmful carcinogens. Thus, it turns out that the spread is not only cheaper than oil in most cases, but also cleaner as a food product.