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Opinion

New diet drink "WHEY-BRAN"

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Whey is a unique natural product containing proteins, fats, carbohydrates, a complex of vitamins (A, B, E) and macro- and microelements (calcium, potassium, phosphorus, iron, sodium, molybdenum, cobalt, zinc, chromium) [1].

Whey is used as an independent dietary product, as well as the main a component of dietary products, but they lack soluble and insoluble vegetable dietary fiber.

We decided to create compositions based on whey powder containing soluble and insoluble vegetable dietary fibers for the subsequent preparation of a drink with good organoleptic properties.

We achieved this by adding products containing vegetable dietary fibers to the dry whey, namely, a food product based on finely dispersed bran "Bapol" (patent No. 3671 KZ dated 09/16/1996. Authors: L.Z. Tel, S.P. Lysenkov) [2] and pectin in % ratio: whey powder 80.0-90.0; bapol - 10.0-20.0; pectin - 1.0-2.0; vanillin - 0.02 - 0.03 g was added to improve taste characteristics.

The composition is thoroughly mixed in mixers during

15 minutes at 40-60 rpm. After that, the dry mixture is packaged in sealed bags of 30-50 g. Before use, the mixture is poured into a bowl, filled with 200 ml of warm drinking water and infused for 5-6 minutes. The mixture must be stirred periodically. After 5-6 minutes, the drink is ready to drink. It can be prepared and bottled in special factories.

The chemical composition in grams of the proposed composition for the preparation of the drink is as follows: Proteins - 10-12, Fats - 1.2-1.5, Carbohydrates - 50-60, Insoluble dietary fiber - 10-20, Soluble dietary fiber - 0.5-1.0, Organic acids - 2.5-3.0, Macro- and microelements - 5-6, Water - 4-5. The caloric content of the product is -150,0 - 180 kcal.

The prepared product already contains more vitamins and trace elements from Bapol.

As a thickener, pectin is used, which binds bapol to whey, without stratification into fractions.

The developed composition for the preparation of the drink can be used for dietary nutrition of both healthy individuals (athletes, weight loss schemes, etc.) and patients with constipation, dysbiosis, biliary dyskinesia, hypercholesterolemia, vitamin deficiency, macro- and microelements [3,4].

The drink turns out to be low-calorie, with a wide range of effects on humans tones up the nervous and cardiovascular systems, helps to overcome chronic fatigue, is indispensable for sleep disorders, improves kidney and liver function, stimulates intestinal activity, promotes optimal gentle removal of toxins and toxins from the body, reduces the risk of cancer, neutralizes the side effects of antibiotics, helps to reduce excess weight. The drink perfectly quenches thirst and hangover syndrome, increases the tone of the body [5,6].

The recipe of another similar drink "WHEY-BRAN plus" was also developed. The composition includes whey 250g, bapol 25g, food pectin 2.5g, vanillin 0.05g, cocoa powder 25g, fructose 15g.

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