



PHYSICAL AND CHEMICAL COMPOSITION OF SATURATED AND UNSATURATED FATS

Ibragimov Lochinbek Abdurakhmonovich
Assistant, Department of Food Technology,
Fergana Polytechnic Institute, Fergana, Republic of Uzbekistan
E-mail: ibragimovlochinbek007@gmail.com

ABSTRACT

The process of transesterification allows obtaining fatty systems with a minimum content of trans fatty acids, since this process does not affect the formation of double bond isomers of unsaturated fatty acids. The process of transesterification allows to add physiologically valuable amount of linoleic acid to the oil base. Per-esterification allows obtaining new types of fatty products with desired properties and allows regulating the content of highly soluble fatty acids in oils. Peretherification lowers the melting point of oil or mixture of oils, increases their plasticity and stability against oxidation in atmospheric oxygen.

Keywords: Saturated, unsaturated, fats, pereetrify, solid fat, catalyst, triglyceride.

INTRODUCTION

It is known that extracted refined cottonseed oil is inferior to pressed oils in terms of purity, as it contains 3,4-benzopyrene, gossypol, chlorophyll and their food products. So, technology is closely related to economy. The basis of health is sports, daily consumption of the required amount of water and a properly selected diet that includes healthy and natural products. According to scientists and nutritionists, the following products are among the ten most useful for the body and are suitable for women and men. Marine fish contains a record amount of Omega-3, Omega-6 and iron [1-7].

These elements help normalize cholesterol, reduce the risk of heart attack, participate in hematopoiesis, improve hair condition, prevent memory loss and even prevent some types of cancer. Fish, like meat, contains proteins, fats and minerals, but is more easily absorbed by the body.



Salmon is considered especially useful, it contains the maximum amount of nutrients. Next are tuna, mackerel and herring - more than 8% fat. They should be eaten 1-2 times a week. Garlic contains important substances - potassium, calcium, phosphorus, vitamins B and C, selenium, manganese, iodine and essential oils [8-11].

Beans, peas and lentils contain a large amount of vegetable protein, which is why they are included in the 10 most beneficial foods for human health. The use of beans in food helps to normalize cholesterol levels and lower blood pressure. Dishes made from this product are suitable for prevention of heart diseases, diabetes, osteoporosis. They also effectively cleanse the body and stimulate the intestines, quickly satisfy hunger and give energy. Legumes are rich in vitamins B and A, carbohydrates and proteins, and have a lot of fiber. This composition helps improve the condition of bone tissue, improves hormonal levels, slows down the aging process, and improves brain function. Most of the agricultural land is already cultivated in almost all regions of the world. This means that increasing food security in the future will be mainly related to the intensification of agriculture on cultivated soils, which implies the continuation of the practice of applying fertilizers to maintain high yields.

If current trends continue, by 2050, according to forecasts, the world consumption of nitrogen will increase by 2.7 times compared to today, and phosphorus by 2.4 times; other estimates put the growth in fertilizer use at a smaller rate, at about 1% per year. Nutrient depletion not only reduced soil fertility, but also led to land degradation, as organic matter depletion reduces water-holding capacity, reduces soil physical maturity and physical structure, and increases susceptibility to erosion. The loss of nutrients and organic matter leads to a gradual decline in productivity, further reducing the input of organic matter and increasing soil degradation.

In many regions of the world, including sub-Saharan Africa (sub-Saharan Africa - 48 countries) and parts of Latin America, severe non-use or unbalanced use of fertilizers leads to nutrient depletion and removal of nitrogen, phosphorus and minerals. Came



CONCLUSION

In short, the mineral substances contained in food products not only serve the growth of the plant, but also cause a number of harmful consequences for the human body. Today, due to the increasing number of chemical elements in the composition of all foodstuffs, human immunity is fighting against harmful elements. As a result, it is observed that the body suffers from various viral diseases. In order to prevent these diseases, it is necessary to pay attention to the composition of food, to give up semi-prepared foods and energy drinks. Only then will the next generation be born healthy.

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