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## NEW FOOD PRODUCTS IN THE COMBAT OF DIABETES

Diabetes mellitus is a disease of the endocrine system, which is characterized by a violation of the absorption of glucose in the body [1] and is one of the most common chronic diseases, which requires constant monitoring of health and adherence to a special diet. The diet of diabetic patients should include foods containing vitamins, minerals and antioxidant substances in increased quantities, but at the same time, the amount of sugar and carbohydrates should be limited. Unfortunately, such products and dishes that meet the requirements of dietary nutrition for diabetes do not have a very pleasant taste, so the main goal of modern food offerings should be the products with a powerful health-improving function and high organoleptic indicators.

One of these products is fruit-berry puree, which can be used as a separate dish, as well as a sauces for other dishes in the daily diets of patients with diabetes. It has been proved [2] that the use of berries and fruits stabilizes the level of glucose in the blood, as it contains a sufficient amount of vitamins, mineral compounds and antioxidants. Adding sweeteners to purees can solve the taste problem by giving products sweetness without involving the insulin machine.

When developing fruit-berry purees with the use of sweeteners, the need for the content of dietary fibers, such as pectins, was taken into account. The amount of beneficial substances that regulate the health status of people with diabetes has been increased by adding dry powders and extracts of fruits and berries. As a result of such

addition, the portion size of the product can be reduced and may not exceed 75-100 g per day. The "Puree" product has high organoleptic properties: pleasant taste, texture, color, aroma, and appearance.

Apples were chosen as the base, as they contain vitamin C, which supports the immune system and strengthens the walls of blood vessels. Apples also contain dietary fiber – pectin, which effectively normalizes the intestinal microflora and regulates blood glucose levels.

Black currant was chosen as an additional ingredient, which contains gamma-linolenic acid (GLA). In combination with flavonoids in black currant, GLA reduces inflammatory processes, including those in the joints.

Due to the content of monoamineoxidase inhibitors, black currant is able to regulate nervous disorders, including diminishing depression [3].

A mixture of erythritol and sucralose was used as a sweetener, the consumption of which does not affect the level of glucose in the blood.

Erythritol is a natural non-carbohydrate polyol sweetener.

Sucralose is an artificial but safe thermally stable sweetener.

Based on the above, it can be argued that the development of such fruit-berry puree for people with diabetes is an important and useful initiative.

Fruit and berry purees can be an excellent source of nutrients and energy for people with diabetes. They can be used as a substitute for standard sweets containing a large amount of sugar. The development of such a product requires a scientific approach and study of its impact on the health of patients with diabetes.

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