

TAL 797 – Seminário

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FUNCTIONAL POTENTIAL OF MEAD

Pós-graduando: Letícia Tereza Ferla

Orientador: Monique Renon Eller (Departamento de tecnologia de alimentos)

Mead is an alcoholic beverage produced from the fermentation of honey wort by yeast. Honey is considered a functional ingredient because it has in its composition enzymes, vitamins, minerals, pigments, phenolic and volatile compounds. Phenolic compounds are associated to bioactive properties, such as antioxidant, anti-inflammatory, antimicrobial, anti-aging, among others, providing benefits to human health. During mead production, the wort can also be added of fruits, spices, herbs, among others, which provide for the mead different physical-chemical and sensorial characteristics and that potentially contribute to its functional properties. Moreover, the addition of ingredients such as probiotic microorganisms and antioxidants have been consider in order to confer new improved functional characteristics for this product. However, in Brazil, the legislation guiding about functional allegations for products is based on RDC n° 18/1999. This legislation establishes proof of a functional claim based on nutritional, physiological or toxicological tests, in addition to proof of clinical, biochemical and epidemiological evidence of the product. In this context, some studies have been developed aiming to assess the functional potential of mead, and the contribution of other ingredients for those properties, mainly by the addition of bioactive compounds and probiotic microorganisms during the production of this beverage.

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W. Offer

Orientadora

Leticia Tereza Berla

Orientada