

TAL 797 – Seminário

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## **SCIENTIFIC DEVELOPMENT IN THE FOOD SECTOR: LOOKING BEYOND MARKET TRENDS**

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Changes in food consumption behavior can vary according to religion, health and/or environmental awareness and sometimes these changes are subject to the information available on social media platforms, whether scientifically based or not, which can lead to favoring one type of product or ingredient or another. But beyond fashions, food allergies and intolerances are a problem that require more and more attention from food researchers, so that their studies can provide a basis for products that can meet the nutritional needs of individuals suffering from one of these disorders. The National Sanitary Enforcement Agency (Anvisa) estimates that eggs, milk, fish, crustaceans, nuts, peanuts, wheat and soy account for 90% of food allergy cases. In this context, it is necessary to explore new food matrices and technologies to make viable products that meet the nutritional needs of this public. Oats (*Avena sativa*) are a gluten-free cereal, a source of dietary fiber, with a protein content of 15-20%, high levels of lysine and threonine and a digestibility of 0.41-0.60, making them more nutritious than other cereals. Oat protein isolate (OPI) has favorable gelling, water and oil retention and foaming characteristics, but its poor emulsifying properties and low solubility mean that these properties need to be improved for its use in aqueous foods. Studies show that the complexation of OPI with high-methoxylation pectin achieved significant curcumin retention rates, thus demonstrating its potential as a delivery system for bioactive compounds, making the use of oat protein an ingredient of scientific interest beyond food fads.

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