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PROBLEMS OF IMPLEMENTATION OF SCIENCE INTO PRACTICE
**ASSESSMENT OF THE PERSPECTIVE OF THE USE OF
SEEDS OF KINOA IN FOOD**

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Many people care about their health and monitor their diet, because for the proper functioning of the human body, the right diet plays an important role.

For normal functioning of the body, the diet should include proteins, fats, carbohydrates, minerals and vitamins in sufficient quantity. The combination of foods should be the norm to meet the physiological needs of the human body. Many diseases have been proven to be dependent on excessive intake of calories, fats, and low vitamins. Nutrition is a basic need for the normal functioning of the body. Malnutrition can be the cause of various, first of all, cardiovascular diseases, obesity, diabetes, etc. [1-2]. Poor food can pose a great risk to human health and life.

One of the main indicators of food quality is nutritional value. Nutritional value is characterized by the quantitative content and qualitative composition of proteins, fats, carbohydrates, minerals, vitamins, as well as energy value and organoleptic characteristics. The chemical composition and energy value of food must meet the physiological needs of the body.

Poor nutrition leads to a decrease in the body's immune defenses, premature exhaustion, inhibition of physical and mental development of young people, reduced life expectancy, etc. It is noted that the modern diet of Ukrainians contains mainly products with low biological value but high energy content [3]. Therefore, there is a problem of improving the nutrition of the population. One of the ways to solve this problem is the enrichment of nutrients for daily consumption [4].

Therefore, the normal functioning of the body requires good and healthy nutrition, because the key to a normal nation - proper nutrition. Our diet affects our health. The more useful and better products are, the better they affect our performance, health, and standard of living.

Cereals are a major human food group that is a raw material for many industries and used for the production of animal feed. This group of plants is the most widespread among all crops in world agriculture [5].

Grain products are the main and indispensable source of food, containing a complete set of nutrients necessary for the normal functioning of the human body. They are an important source of carbohydrates, proteins, macro- and trace elements, vitamins, enzymes, dietary fiber, phospholipids and other biologically active

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substances. Due to the use of cereals, up to 40% of the requirement for B vitamins and up to 50% of human energy needs are covered. In Ukraine, the share of cereals is 40-45% of the total diet. The choice of the enrichment product is made taking into account the level of its distribution and availability for daily consumption by the majority of the population. World practice shows that such products are primarily cereals. The leading role of cereals in the diet poses a difficult task in terms of enhancing their functional importance.

Quinoa seeds are a cereal crop that is referred to as pseudo-cereals and imported from America. This crop has become a real discovery for humanity, as 2013 was named the Quinoa Year by the UN General Assembly [6]. Quinoa has a relatively high content of vitamins and trace elements, contains a wide range of amino acids and high protein content compared to other cultures. The main advantage of quinoa seeds is the lack of gluten. Quinoa seeds are widely used for the enrichment of various foods [7].

According to the USDA Nutrient Database, 100 grams of quinoa seeds contain: 14.14 g protein, 6.07 g fat, 57.16 g carbohydrates, 7 g fiber and 2.38 g ash.

Quinoa seeds are a source of vegetable protein. It consists of 20 amino acids, including all essential. Due to the high concentration of lysine in the seeds of quinoa, the body can better absorb calcium, which at about the same time enters the body. In addition, lysine stimulates wound healing and helps bone formation. High fiber content helps fight diabetes or overweight, and helps those who have heart disease.

Also, fiber helps the body get rid of harmful substances and toxins, removes harmful cholesterol from the body and stimulates digestion. In addition, it is believed that daily intake of fiber seriously reduces the risk of developing cancer. The high percentage of phosphorus content replaces many fish with quinoa seeds.

Quinoa seeds are great for maintaining health at any age: it is beneficial for children because it stimulates bone formation, helps older people get rid of arthritis. But for this it is important to use it regularly. In addition, the regular use of these seeds in food maintains a stable level of blood sugar, which is very useful in diabetes. It prevents the development of cardiovascular disease, and also supports the body in the fight against anemia.

Quinoa is also very useful for those who have high blood pressure or other diseases of the cardiovascular system. This plant contains a large amount of a substance called tryptophan, which stimulates the production of the hormone of joy. So this plant is really capable of uplifting. The absence of gluten in cereals allows it to be added to the diet even by people suffering from allergies.

Quinoa includes saponins - substances that, when used regularly, help the normal functioning of the pancreas and also keep blood cholesterol in check. When received through the blood these substances are poisonous, but in the digestive tract are normally absorbed and even provide benefits.

The beneficial effect of quinoa seeds:

- improves the functioning of the digestive system;
- stabilizes the nervous system: mitigates the effects of stress-forming factors, strengthens sleep, removes inattention and irritability;

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- due to the presence of phytic acid increases the anti-cancer functions of the immune system and lowers cholesterol;
- helps to quickly restore physical and emotional tone after surgery, illness;
- prevents the development of arthritis, arthrosis and other joint diseases;
- serves as a source of easily digestible vegetable protein, necessary for the growth of muscle mass, the development of the child's body and nutrition of pregnant women;
- reduces the risk of atherosclerosis, cardiovascular disease and hypertension.

So, as we can see, the scope of using quinoa seeds is very wide. The seeds have medicinal properties, are characterized by high content of vegetable protein and fiber, and have many beneficial properties when used in reasonable amounts.

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