

IMPORTANCE OF ENRICHING THE COMPOSITION OF ICE CREAM WITH DRIED FRUIT JUICES

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<i>A B S T R A C T</i>	<i>K E Y W O R D S</i>
The article describes the importance of enriching the composition of ice cream with various dried fruit juices, the methods and research about their benefits for human health.	ice cream, apricot juice, natural antibiotic, bacteria, lutein, beta-carotene, pectin, immunity.

Introduction

Apricot juice is a drink made from apricots. Apricot juice is known as an effective tool for the prevention and treatment of various cardiovascular diseases. One of the characteristics of apricot juice is that it is often made with pulp [1-17]. There is a norm of consumption of juice, and its average daily norm is from 100 ml and up to one litre, depending on the state of human health. often, for example, those who have stomach problems are advised to drink only 3-4 tablespoons of the drink during the day.

What are the benefits of apricot juice?

Apricot juice is a very healthy drink. Because it contains many minerals and vitamins. It is rich in fibre and organic matter [18-31].

- breaks down harmful substances in the intestines,
- improves and stabilizes the general condition,
- strengthens heart muscles
- improves blood circulation.
- strengthens memory
- is a very effective tool in the prevention and treatment of anaemia, hypertension, arrhythmia and several cardiovascular diseases.

Regular consumption of fresh apricot juice improves the activity of the intestinal mucosa and accelerates the body's metabolism. Due to the keratin content of the juice, new cells are formed more actively. In addition, this substance fights ageing and improves eyesight. The drink is used as an

excellent antibiotic that helps fight the effects of putrefactive bacteria. Daily consumption of apricot juice for patients with thyroid problems and beriberi increases the resistance of the body and strengthens the immunity of such patients. In addition, this juice serves to strengthen blood vessels and give them elasticity, improve brain function and help with insomnia. Apricot juice is rich in zeaxanthin, as well as lutein and beta-carotene and pectin. Pectin has the property of cleansing the body. It helps to expel congestion and reduce cholesterol [32-49].

Apricot juice is a natural antibiotic. Infectious diseases:

- flu,
- in sore throat,
- in the treatment of colds, taking a little apricot juice makes it easier to fight against viruses. Taking a glass of apricot juice three times a day prevents the following diseases
- constipation,
- dysbacteriosis,
- flatulence

During regular consumption of juice, the body stabilizes the following conditions.

Strengthens the skeletal system. Juice prevents the development of bone diseases, improves the general condition, and accelerates regeneration in case of damage. Also, the use of apricot juice has a positive effect on the condition of teeth, hair and nails.

Normalizes organs of the visual system. Beta-carotene, which is part of the product, significantly improves vision and prevents the development of many diseases such as glaucoma and cataracts.

Normalizes the cardiovascular system. The potassium contained in it allows you to effectively reduce blood pressure. The product improves the condition of blood vessels, removes cholesterol, and reduces the risk of a heart attack [50-53]. Normalizes the gastrointestinal tract. Despite its high-calorie content, apricot juice is among the products that improve digestion. The composition of juice is dominated by simple carbohydrates, which are easily absorbed by the body, and simple sugar gives a feeling of satiety. Dietary fibre accelerates metabolism, removes toxins, and improves digestion.

Improves the functioning of the nervous system. Natural antioxidants, which are part of dried apricot juice, have a calming effect and normalize sleep.

Strengthens immunity. Frequent consumption of juice increases immunity and prevents several diseases related to a lack of vitamins and nutrients.

Table 1. Calorie content of 100 g of apricot juice (242 kcal)

<i>Organic substances</i>	<i>Vitamins</i>	<i>Macronutrients</i>
Proteins - 5 g	Vitamin A - 583 mcg	Calcium - 166 mg
Fats - 0.4 g;	Beta carotene - 3.5 mg;	Magnesium - 109 mg
Carbohydrates - 53 g	Vitamin B1 - 0.1 mg	Sodium - 17 mg;
Dietary fibre - 17.6 g	Vitamin B2 - 0.2 mg	Phosphorus - 152 mg
Water - 18 g	Vitamin C - 4 mg	Potassium - 1781 mg
Ash - 4 g	Vitamin E - 5.5 mg	Lithium- 123 mg
Organic acids - 2 g	Vitamin PP - 3.8 mg	Zinc 675 mg

Daily consumption of dried fruits and their juices to meet the needs of useful and vital substances in this table is certainly not without benefit.

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