

RESEARCH ON THE PROTEIN CONTENT OF SOME VEGETABLES, DRIED, MODIFIED AND NON-GENETICALLY MODIFIED IN THE CONTEXT OF A HEALTHY DIET

Valentin NECULA, Gheorghe PUCHIANU, D.V.ENACHE

Abstract. *The study highlights the variation in the protein content of different dried legumes, modified and non-genetically modified. The percentage of protein in dry grain legumes is an important factor in determining the need for protein consumed by people belonging to age groups and different physiological condition in the context of a healthy balanced diet. Working as a template we used different varieties of non- genetically modified beans and soybeans genetically modified and non- genetically modified. Variations were observed in the percentage of protein in both varieties of beans, dried genetically modified and unmodified. Variations in the protein have been reported between groups belonging to different soybean and bean varieties. Knowing that grain legumes contain second-class vegetable protein, protein percentage change is also a certainty for genetically modified varieties, thereby affecting the quality of vegetable protein and food quality using this type of protein.*

Key words: dry grain legumes, percentage of protein, genetically modified varieties

1. Introduction

The importance of grain legumes consists, first of all, in the high protein content of the seeds, giving them a high food value.

Plant growing plants included in this group are: peas (*Pisum sativum*), beans (*Phaseolus vulgaris*), soybean (*Glycine max*), lentil (*Lens culinaris*), chickpeas (*Cicer arietinum*), tick beans (*Vicia faba*), lupine (*Lupinus sp*), widening (*Lathyrus sativus*), peanuts (*Arachis hypogea*) and cowpeas (*Vigna sinensis*).¹ All part of the Leguminosales order (Fabales), Leguminosae family (Fabaceae or Papilionaceae family).

The protein content of grain legumes exceeds 2-4 times that of cereals. Some of them (soy, lupine) protein content exceeds the carbohydrate.

¹ Transilvania University of Brasov - Faculty of Food and Tourism
E-mail: validoctoru@yahoo.com, gpuchianu@yahoo.com

The ratio between crude protein and non-proteinaceous components is: soya and lupine 1/1, 7, to, peas 1/2, 8, the bean 1/2, 4, etc.. So the grains of the legumes