STUDY OF COMPOSITION AND RELIABILITY OF INDUSTRIALIZED SOUP LABELS FOR CHILDREN

The present work aims to contribute to the knowledge of the nutritional content of children’s soups sold in Manaus, by determining the composition of these preparations and to compare laboratory values found with those reports labels, ensuring food security and nutrition of the population who consume these products. We analyzed seven types of infant industrialized soups available in supermarkets in the city of Manaus. Analyses of fractions moisture, protein, ash and lipids were performed in triplicate under the official analytical methods and results were expressed as a percentage. The caloric value was obtained by calculation and total carbohydrate content was calculated by subtracting the sum of fractions (moisture, protein, ash and lipids) by 100. The soup of minced meat, recommended for children over one year of age and possess the greatest amount of product in the box (250g) was the preparations that gave the highest values of protein, total lipids, total carbohydrates and calories. Only the soup with pieces of chicken breast with vegetables presented all the nutrients, presented in all the nutrients found, variability within the limits established by Brazilian law, that is, a fraction between 20% of values declared on the label. The discrepancy value was higher in lipids, in which 4-7 samples showed a greater variation than that allowed by the RDC 360/03. The results found in this study suggest the need of studies of other nutrients such as vitamins, minerals and fiber, and stricter monitoring by the authorities.