D-P2 SADRŽAJ VITAMINA D U KONZERVIRANIM PROIZVODIMA OD RIBE DOSTUPNIM NA TRŽIŠTU SRBIJE

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Nedostatak i insuficijencija vitamina D predstavljaju značajan javnozdravstveni problem u Srbiji, s obzirom na to da je unos ovog vitamina hranom uglavnom nedovoljan, a samo mali broj namirnica prirodno sadrži značajne količine vitamina D. Konzervirani proizvodi od ribe predstavljaju jedan od najznačajnijih prehrambenih izvora ovog vitamina. Prema preporukama Evropske agencije za bezbednost hrane (EFSA), adekvatan dnevni unos (AI) vitamina D za odrasle iznosi 15 µg/dan. Cilj ovog istraživanja bio je određivanje sadržaja vitamina D u konzerviranim proizvodima od ribe dostupnim na tržištu Srbije i procena njihovog doprinosa adekvatnom dnevnom unosu. Sadržaj vitamina D određen je primenom validirane metode tečne hromatografije visokih performansi sa fotodiodnim detektorom (HPLC–PDA). Analizirano je trideset uzoraka konzervisane tunjevine i sedamnaest uzoraka konzervisanih sardina dostupnih na tržištu Srbije. Sadržaj vitamina D u konzervisanoj tunjevini kretao se od 1,01 do 9,22 µg/100 g, dok je u konzervisanim sardinama iznosio 2,19 do 10,65 µg/100 g. Konzumiranjem porcije od 100 g konzervisane tunjevine obezbeđuje se približno 6,7–61,5%, dok porcija od 100 g konzervisanih sardina obezbeđuje 14,6–71,0% adekvatnog dnevnog unosa vitamina D prema preporukama EFSA. Dobijeni rezultati ukazuju na značajnu varijabilnost sadržaja vitamina D među komercijalno dostupnim konzerviranim proizvodima od ribe. Ipak, konzervisana tunjevina i sardine predstavljaju vredan prehrambeni izvor vitamina D i mogu značajno doprineti ostvarivanju adekvatnog dnevnog unosa vitamina D u populaciji Srbije.

D-P2 VITAMIN D CONTENT IN CANNED FISH PRODUCTS AVAILABLE ON THE SERBIAN MARKET

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Vitamin D deficiency and insufficiency remain significant public health concerns in Serbia, as dietary intake is generally inadequate and only a limited number of foods naturally contain substantial amounts of vitamin D. Canned fish products are among the most important dietary sources of this vitamin. According to the European Food Safety Authority (EFSA), the adequate intake (AI) of vitamin D for adults is 15 µg/day. The aim of this study was to determine the vitamin D content in canned fish products available on the Serbian market and to estimate their contribution to the adequate daily intake. Vitamin D content was determined using a validated high-performance liquid chromatography method coupled to photodiode array detection (HPLC–PDA). Thirty canned tuna samples and seventeen canned sardine samples collected from the Serbian market were analyzed. The vitamin D content in canned tuna ranged from 1.01 to 9.22 µg/100 g, while canned sardines contained 2.19 to 10.65 µg/100 g. Consequently, a 100 g serving of canned tuna provided approximately 6.7–61.5% of the EFSA adequate intake, whereas a 100 g serving of canned sardines provided 14.6–71.0% of the adequate daily intake. The obtained results indicate considerable variability in vitamin D content among commercially available canned fish products. Nevertheless, canned sardines and tuna may be valuable dietary sources of vitamin D and can substantially contribute to adequate daily intake in the Serbian population.

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