ON THE CREATION OF PERSONAL MANAGEMENT SYSTEMS OF NUTRITION FOR MEDICATION OF DISEASES

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The objective of the research is to find methods for changing the system of individual balanced nutrition with the change of parameters that characterize healthy patient as a result of applying both pharmaceutical methods and procedures, and non-medicamental.

The authors suggest the following approach. An individual nutrition system is recommended to a patient, i.e. a set of complexes from 15–20 iteration-free single consumption rations of different kinds (for breakfast, lunch, dinner, supper, etc.), and as a conclusion, 15–20 daily rations, which can be repeated after some time. Such individual nutrition system guarantees average daily intake of balanced calcium, e.g. 1000 mg for healthy people of a certain category, or 1200 mg, 1500 mg, 2000 mg, but in some cases even more than 2000 mg.

Depending on the patient’s condition the doctor can recommend an average daily intake of balanced calcium for a certain period, having coordinated it with a nutritionist. A different individual nutrition system can be chosen for some period.

According to this scheme the transition from one nutrition system to the other individual system, which is more adequate to the altered state of the patient can take place in dynamics. It is the management of its individual nutrition.

So, the conception of creating personal management systems of nutrition (PMSN) for medication of diseases caused by calcium deficiency is proposed. PMSN performs dynamical interaction between medical treatment and personal nutrition that is scientifically substantiated.

Keywords: nutrition systems, systems of managing nutrition, bone tissue density.