UNCONVENTIONAL FLOURY PRODUCTS AND THEIR CONTRIBUTION TO THE PROVISION OF DAILY NEEDS IN NUTRIENTS OF CYCLIC DIETS

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In the article, the authors consider the problem of maximal provision of scientifically substantiated needs in nutrients by means of using purposefully designed unconventional floury products in cyclic diets. Hierarchic structure of cyclic diet of healthful nutritional systems consisting of twenty-one daily diets is proposed. Basic elements of daily diets are various types of expendable diets (for the first and second lunches, dinner, afternoon luncheon and supper). In the process of their projecting, such unconventional floury products as selenium roll and nut sponge cake enriched in selenium, small pie with mackerel and fish pie (effective sources of fluorine), buns with luminaria enriched in iodine, and a basket with cheese and liver, and chocolate biscuits, which are the sources of the deficient zinc were used.

The authors characterize nutrition value and mineral composition of the specified unconventional floury products. The substantiated recommendations concerning the number of applications of the proposed products in specific expediency diets for fuller satisfaction of daily needs in nutrients and minerals are presented.

According to the results of the investigation, the authors propose to use quantitative parameters of average application of unconventional floury products for the satisfaction in nutrients by daily and cyclic diets. Application of the proposed parameters demonstrated that the totality of unconventional floury products assigned to specific expediency diets enriched in the deficient nutrients, which are called the deficient background, crucially participates in the solution of an immediate problem of providing daily needs in nutrients with durable cyclic diets during the formation of healthful nutrition systems.

Keywords: cyclic diets, unconventional floury products, daily needs in nutrients, deficient nutrients, deficient background.