DURABLE FRAME DIETS IN THE NUTRITION SYSTEMS: DAILY NEEDS PROVISION IN DEFICIENT NUTRIENTS

O. Cherevko, G. Krutovyi, G. Zaparenko, A. Borysova

System view of problem questions concerning the creation of durable systems of balanced therapeutic nutrition is performed, i.e. the role of a set of purposefully designed unconventional floury products enriched in deficient nutrients, improvement of nutrition systems’ quality parameters; the necessity of maximum provision of scientifically substantiated daily requirements in the totality of important nutrients; and the mechanism of the nutrition system functioning interactively.

The level of providing daily needs in nutrients by the designed nutrition systems is analyzed. The expediency of designing recipes of the dishes enriched in deficient nutrients for the improvement of diets and nutrition systems is demonstrated.

The method of satisfying daily needs in such deficient nutrients as selenium, fluorine, boron, zinc, manganese, and others is proposed for cyclic diets up to twenty-one days duration within healthful and dietary nutrition. The method lies in projecting a number of the totalities of balanced repeated expendable diets (for lunches, dinners, suppers, etc.) with the use of unconventional floury goods prepared by the previously developed scientifically substantiated recipes.

The authors present in the article the principles of choosing and specifying the amount and type of a diet (for lunch, dinner, supper, etc.) and unconventional types of flour (nut sponge cake, selenium roll, small pie with mackerel, chocolate biscuit, etc.), enriched in various deficient nutrients, for the optimization of the composition of daily and cyclic diets for full satisfaction of daily needs in the deficient nutrients.

It is established that for substantial satisfaction of daily needs in the most deficient nutrients by cyclic diets, it is reasonable to create five blocks of diets (for the first and second lunches, dinner, afternoon luncheon, supper). Each includes twenty-one expedience diets with the use of specially designed unconventional floury products.

Results of the performed investigation can be used for quantitative assessment of daily needs in various nutrients at the stage of designing durable healthful nutritional systems.

Keywords: frame diets, nutrition systems, deficient nutrients, nontraditional floury products.