FOUNDATIONS OF BALANCED DIET MODELING IN THE DISORDERED ECOLOGICAL SITUATION

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Scientific and technical foundations for mass food production, child preventive, therapeutic and special food products developed by scientists on sufficient theoretical and applied levels point to adjust the basics of good nutrition. The article analyzes the factors influencing human health, among which heredity – 10%; environment – 10%; level of health care – 10%; lifestyle – 40%; quality of food – 30% dominate. Analysis of modern human food shows the lack of essential nutrients. Detailed recommendations on nutrition use are suggested. The article analyzes the flow of nutrients and dietary fibers, considers the ratio between primary nutrients and bacterial metabolites in physiological and pathological conditions.

An important requirement to rational nutrition is its compliance losses of body energy, so ratio of proteins, fats and carbohydrates in the diet for different population groups are reviewed. A definite correlation on macro-value components, which occurs due to their better assimilation and provision of necessary body substances such as amino acids, fatty acids, simple sugars is analyzed and recommended.

In terms of physiological and hygienic food basics, it is necessary for a human to have all essential ingredients in his diet. Food rations should be balanced in protein, fats, and carbohydrates. The possibility of nutrition development for people is reviewed. Recommendations for composing nutritive menus in terms of damaged ecological condition are proposed.

Key words: nutrients, quality of products, energy value, complex nutrition.