For the performance of the next stage of improving healthy nutrition systems, the authors suggest deficient basis for the creation of the improved diets of disposable consumption of the third generation. Eight previously projected and prepared unconventional floury products rich in such deficient nutrients as selenium, fluorine, iodine, zinc, manganese, form the basis. The named floury products are fixed for the future diets of disposable consumption of specific purpose (for the breakfasts and lunches, dinners, afternoon snacks, suppers). At the same time, diets of disposable consumption are the components of the totality of daily diets; the totality of daily diets form multiday cyclic diets of durable and improved healthy nutrition system.

The first totality of the diets of disposable consumption of the third generation for different purposes (forty-seven) is projected by means of the specified basis for the optimization of daily and cyclic diets of durable nutrition systems.

It is revealed that application of the proposed floury deficient basis for projecting diets and healthy nutrition systems promotes more complete provision of average daily needs in nutrients that influences metabolic processes of bones, and energy. It is determined that the mentioned provision of nutrients by daily diets sufficiently grows in comparison with the diets used for the creation of the nutrition systems of the first generation.

It is worth stating that it is reasonable to increase the totality of the diets of disposable consumption of the third generation 2…3 times for the considerable increase of cyclic diet or, which is the same, the number of repetition-free daily diets of the nutrition system. Such increase will promote the improvements in the solution of fundamental problems concerning balanced nutrition, other than the provision of daily needs in nutrients.

Keywords: floury deficient basis, diets of disposable consumption, daily diets, nutrition systems.