The article presents the results of the research on the creation of durable health-care nutrition system.

Using four totalities of twice-filtered expendable diets of the third generation by the criteria of balanceness of the groups of nutrients in the diet, and by the criteria of biological value ten thousand daily diets with different levels ensuring daily needs in nutrients and energy are designed. Each of the totalities of expendable daily diets includes ten items. Each totality corresponds to a specific diet - for breakfasts, lunches, dinners and suppers.

Out of ten thousand designed daily diets a thousand (10%) of the best diets in terms of daily needs’ provision in nutrients and energy are extracted.

To ensure the diversity of expendable diets the sequence of a daily diet consisting of 70 elements is designed from the range of 1000 best daily diets. This sequence determines the place of various types of expendable diets in a cyclic diet, which, in fact, provides the necessary variety of nutrition. In other words, a diet for 70 days, which provides the diversity of expendable nutrition, is created. It can be called a varied diet, or more briefly – cyclic diet. This diet can be periodically repeated. The variety of nutrition is achieved due to specific duration of the cyclic diet (70 days before its periodic repetition) as expendable and daily diets, and their exact location in the cyclic diet.

Cyclic diet is designed to implement the created project supply system, characterized by the balanced content of nutrients, high biological value of protein. The system implements approach to solving fundamental problems of designing nutrition rations and intended for the prevention and treatment of diseases caused by calcium deficiency.

Keywords: nutrition system, cyclic diet (ration), daily diets.