

MYSTERY OF EDUCATION AND SCIENCE OF UKRAINE
ODESSA NATIONAL ACADEMY OF FOOD TECHNOLOGIES



HEALTHY NUTRITION – THE HEALTHY NATION!

COLLECTIVE MONOGRAPH



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HEALTHY NUTRITION AS A POWERFUL FACTOR IN DISEASE PREVENTION

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Introduction

Global health care maintaining is closely linked to the way people live, and adherence to the principles of healthy nutrition. Non-communicable diseases account for more than 80% of fatal cases and more than 70% of the burden of diseases [1, 2]. To counteract this trend, it is necessary to create conditions for reducing the incidence of a disease, prevalence of non-communicable diseases.

In Ukraine, there is a lack of awareness of the bulk of the population on the principles of healthy nutrition, which are constantly being improved and updated. Of course, health recommendations have some differences for different regions and depending on the type of human. However, the basic laws are sufficiently studied and focused on the most important food products and nutrients.

The recommendations of the World Health Organization and CINDI (Countrywide Integrated Noncommunicable Diseases Intervention) have provided an opportunity for a new understanding of the dietary structure on the pathogenesis of certain diseases.

According to the modern concept, the nutrition of any human is based on four main components: adequacy to energy consumption, balance

of the content of the most important products and nutrients, food safety and maximum possible satisfaction from its consumption.

Focusing on individual settings today is crucial for physiological nutrition and takes into account research on dietary habits of individual populations. Preventive services of health care maintaining include [2]:

- policy of public health, legislation and organizational measures in such important areas as introducing healthy nutrition, increasing of physical activity, control of tobacco smoking, etc .;
- educational work with the public, aimed at encouraging people to maintain and strengthen their health by replacing harmful personal habits with those that can have a positive effect on health;
- identification of certain health feature that can cause the disease, and the timely application of effective measures to correct any deviation, etc.

1.1. Healthy nutrition

During the last decades, in order to meet the physiological needs of the human organism, rational nutrition was introduced as such that providing the body with the optimal amount of nutrients and energy. Healthy eating as an element of a healthy lifestyle involves an optimal ratio of rationally organized nutrition combined with regular physical activity. Individual human health is a harmonious unity of various variable processes in the organism, which creates conditions for optimal functioning of all systems and subsystems of the organism. This is achieved by timely and sufficient supply of macro - and microcomponents. First of all, the presence of proteins, fats and carbohydrates in the diet is necessary [3].

The obtained data testify that the products we have developed have high nutritional and biological value, and the content and ratio of PUFAs ω -3 and ω -6 fatty acids can recommend them for the healing of people suffering from cardiovascular diseases, obesity, allergic reactions, diabetes etc.

Conclusions.

Based on the results of the work, the technologies of the walnut kernel and chia seeds were scientifically substantiated and the rational content of the prescription components for a alcohol-free beverage, which should be used as a substitute for milk and paste-like sauce with a balanced composition of ω -3 and ω -6 fatty acids. The terms and conditions of storage of the offered products using the nut-seed raw material are substantiated. Proven that it is very useful to storage products in the chilled condition at temperature (0 – 6) ° C with duration of 3 – 7 days. Research of the degree of satisfaction of the demand day for balanced PUFAs from the use of developed products indicates that a portion of nut beverage in 200 ml and a portion of sauce – weighing 75 g can meet the demand day of a healthy adult in balanced ω -3 and ω -6 fatty acids not less than by 30 %. The comparison of the organoleptic characteristics of the developed products, with the analogues, which are presented at the consumer level, testifies to the competitive ability of the beverage and the sauce, and the possible economic and social effects of the introduction of these technologies in the processes of the dining outlets. The assorted formulation of the products guarantees the possibility of consumption for vegetarians and vegans, people suffering from celiac disease or lactose

intolerance, consumers who for religious reasons do not consume animal products. The developed sauce can be used in the technologies of traditional sauce products by the example of the cold Italian sauce, such as «Pesto».

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The stomach of a wise person
has the best qualities
of a kind heart:
sensitivity and gratitude

A.S. Pushkin

У желудка просвещенного человека
имеются лучшие
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А.С. Пушкин

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