

THE DESIGN OF FOOD COMPOSITIONS OF GERO-DIETIC PRODUCTS IN THE OLDER PEOPLE DIET

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Creating multicomponent food products for older people with a given set of properties is a complex process that requires the most complete balance of products with a large number of the chemical composition components, so the correct choice of raw material base plays the important role in solving this problem. The set of properties of health products for older people can be achieved only by combining different sources of raw materials in food compositions, including dietary supplements.

It is known that numerous displays of the natural and premature aging process are due to the intensity of free radical reactions in the body, accumulation and slowdown in their excretion. The existing free-radical theory of aging just only explains the fact that in the process of numerous biochemical reactions involving oxygen in the body a large number of its extremely aggressive molecular forms are created. Natural and artificial antioxidants are the braking effect of these reactions in the body, as well as of the aging processes. The optimal effect of antioxidants is mainly due to rationally organized nutrition, mainly of lactic and plant orientation. Scientifically grounded and experimentally established the possibility of designing technology of gero-dietetic culinary products destination using gero-dietetic intermediate product assignment based dietary supplements of plant origin (fig. 1.).

Today, the formalization of medical and biological requirements and analysis of the chemical composition of raw materials allows us to select from a number of ingredients the most promising for the design of food compositions of gero-dietic products.

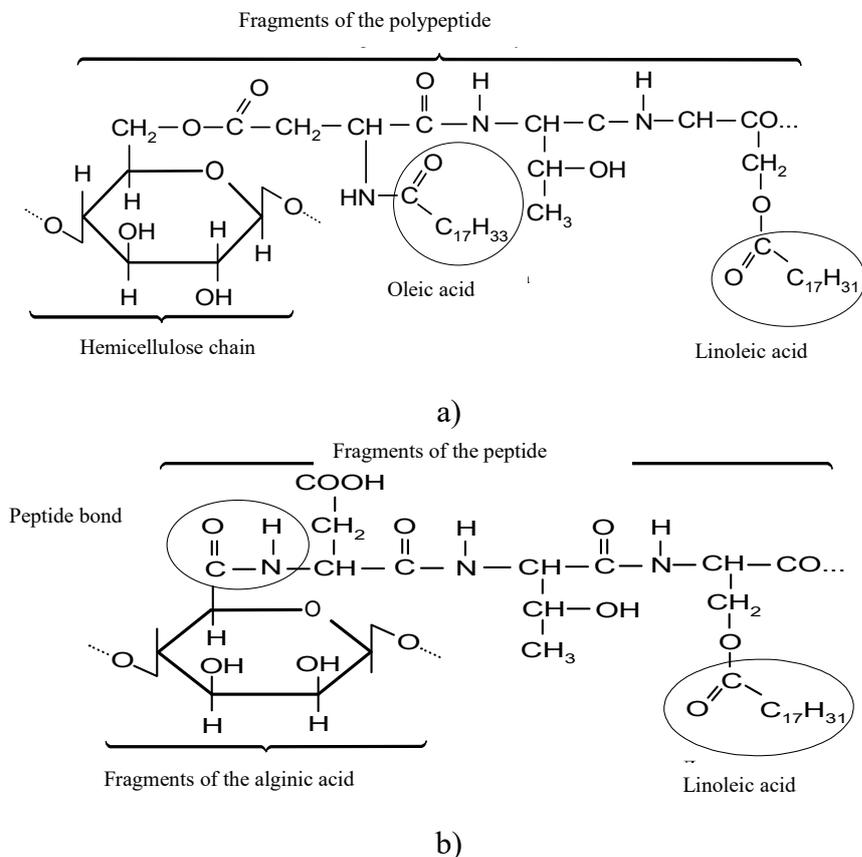


Fig. 1. Fragments of the approval of the gluco-peptide and lipo-protein complex: a - the approval of collapsible ether and peptide links; b - transfer of alginic acid to lipo-peptide.