

**IX Міжнародна спеціалізована
науково-практична конференція**

**Proceedings of the 9th International
Specialized Scientific and Practical
Conference**

**Ресурсо- та енергоощадні
технології виробництва і
пакування харчової продукції -
основні засади її
конкурентоздатності**

**Resource and Energy Saving
Technologies of Production and
Packing of Food Products as the
Main Fundamentals of Their
Competitiveness**

**Київ 2020
Kyiv 2020**

HERODIETIC PRODUCTS FROM CHICKEN MEAT

Many scientists have proven that nutrition is the most important factor in our health, especially for children and the elderly. As early as the 5th c. B.C. Hippocrates said, "The best medicine is the right diet." Humanity has learned to continue life, but can not maintain health throughout its life. World medicine has achieved phenomenal successes in surgery, the development of treatment courses, systems of care for patients. The solution to this problem is as our food.

Herodietics - an important factor in the prevention of pathological disorders of physiologically regular aging. The scientific strategy and practice of creation of products of the hereditary purpose includes medical and biological recommendations, which determine the choice of a dietary supplement for correction of the chemical composition of products, technological aspects, which consider the issues of product quality, safety and interaction between individual components of the food composition.

Wellness foods for the elderly should be designed with the basic principles of gerodietics:

- the energy value of foodstuffs must be balanced with the actual needs of the aging organism; excessive energy value of foodstuffs in connection with disturbance of metabolic processes and excretion of products of metabolism, increases the risk of development and progression of visceral pathology (obesity, atherosclerosis, hypertension, oncologic pathology, second-class diabetes);

- food for the elderly should have an inherent health (therapeutic and prophylactic) orientation. According to WHO experts, premature mortality (under 65 years of age) is caused by diseases caused by malnutrition in half of the cases. A sensible diet can prevent many diseases (stroke, hypertension, obesity, anemia, goiter, cirrhosis, cholelithiasis, diabetes, musculoskeletal disorders).

Poultry meat is a valuable food with good nutritional properties. An average of 100 grams of poultry meat contains 16 to 19 grams of protein and about 20 grams of fat. This is almost the perfect ratio for our body, so the meat of the bird is very well absorbed by the human body.

According to the basic periods of development of mankind changed ideas about proper nutrition. There was always the dream of a perfect meal that would contain only useful compounds and help the person to perfect it. At the present stage of knowledge of medicine, biology, physiology, the concept of the ideal food has been transformed into a completely real diet - wellness, which, along with the necessary nutritional components, contains compounds that determine human health.

For the full, rational and safe nutrition of the elderly it is necessary to develop innovative products of therapeutic and prophylactic action, which have anti-stress, adaptogenic, tonic, stimulating and radioprotective properties.

At present, the range of hereditary products, especially meat from poultry and other animals, is very limited and may not fully meet the needs of the elderly and the elderly for such nutrition.

At the Department of technology of meat and meat products, a group of pasty products with extended shelf life for herodietic nutrition of high biological value is being developed. The finished product allows to expand the range of domestic herodietic products, to enrich the daily diet with useful nutrients and dietary fiber that meet the physiological needs of the body and contribute to the preservation of health, efficiency and active creative longevity of man.

Literature.

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