

# FORTIFICATION IN VIEW OF FOOD ITEMS' MUTUAL INFLUENCE

ПОСИЛЕННЯ ВЗАЄМНОГО ВПЛИВУ ПРОДУКТІВ ХАРЧУВАННЯ

LA FORTIFICATION EN VUE DE L'INFLUENCE MUTUELLE DES ÉLÉMENTS ALIMENTAIRES

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Diet quality directly determines the health status of the population. It especially concerns the low physical activity people. The amount of their ingesta does not always meet the nutritive requirement. Such subpopulations are recommended the consumption of fortified food created on the basis of maximum nutrients & health benefit with minimal caloric value. The majority of foodstuffs features unbalanced chemical composition. This issue is a particularly topical one for the basic foods. Bread, notably first and top-grade flour, contains high carbohydrate and low protein. Moreover, there are proteins of poor quality in its protein composition. Bakery goods fortification is capable of solving the adequate ration problem. But nutrient additives introduction should be scientifically grounded and based on a threpsology, the nutritional science. Specifically, some food items' synergism and, the main thing, antagonism must be obligatory taken into consideration. The point at issue is not only that the nutrients proper are of consequence, but mutual influence of usual components (proteins, fats, carbohydrates and dietary fibers) has also an effect upon their assimilation. The research cites the fortifier selection rules based on its major component; reflects the potentialities of food additives reduction at the expense of their complementarity and synergy; points out the antagonism of certain fortifiers and solution approach.

**KEY WORDS:** bread, additive, fortification, antagonism, synergism