

## THE ORGANIZATION OF MEDICAL AND PREVENTIVE NUTRITION IS ONE OF THE WAYS TO PROTECT THE LIVES AND HEALTH OF WORKERS

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Organization of health diet at work will significantly reduce the risk of occupational diseases of workers that work in conditions of high hazard.

Today there is a wide range of functional ingredients . These are vitamins, mineral supplements, dietary fiber, fatty acids etc. One of these ingredients is inulin, which is not absorbed, but is required for normal body functioning. Inulin is found in many plants (chicory, artichoke, dandelion, topinambur). It belongs to a class of dietary fiber with probiotic effect.

The most promising raw material for production of health care products based on inulin can be topinambur. The world has no analogues topinambur for silicon content in tubers. Topinambur contains up to 18 percent of natural inulin - polysaccharide hydrolysis which leads to a harmless for diabetics sugar - fructose.

Today in our country and abroad conducting the researches for developing technologies to produce a wide range of medications, dietary foods and products based on topinambur for organizing healthy eating at work.

Our staff developed a wide range of medical and dietary food treatment from topinambur. It can be for example soluble powder. This product can be used adding it to the diet of employees and using as a substitute for sugar in the bakery products, milk products and soft drinks. In final product maximally preserved bio components derivative raw materials causing its therapeutic and prophylactic properties.

Considering the quality of the developed product through the prism of functionality we can conclude that the high nutritional value of soluble powder of topinambur. Consumption of this product positively affect metabolism in humans body. So we can say about expediency of introduction soluble powder and food products based on it into diet of workers in hazardous conditions.

**KEY WORDS:** functional ingredients, artichoke, silicon content, inulin, fructose.