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Food Science for Well-being
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The congress addressed the following topics:

FOOD EXPERTISE, SAFETY AND TECHNOLOGIES

- **Food Expertise and Safety**
- **Food Technologies**

ENERGY SYSTEMS FOR FOOD CHAIN

- **Energy Efficiency**
- **Machine Building for Food Chain**
- **Intelligent Control Systems**

NATURAL BIOACTIVE COMPOUNDS, FUNCTIONAL AND NATIONAL FOOD PRODUCTS, PACKING, STORING AND PROCESSING

- **Natural Bioactive Compounds, Functional and Local Food Products**
- **Packaging, Storing and Processing**
- **Food Processing**

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YOUNG FOOD SCIENTISTS — OUR HORIZON

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**ANALYSIS OF THE INFLUENCE OF
THE PRODUCTS' NITRATE POLLUTION**

We have analyzed contemporary research works, as well as literary sources containing information on the level of quality and safety of horticultural crops. The paper focuses mostly on the issue of food contamination by endogenous and exogenous substances. The key problem of the research is an excess of nitrates and their derivatives which fruit and vegetables contain.

According to the Ministry of Healthcare of Ukraine, 10% of plants contain more nitrates, than it is allowed by the maximum permitted level values. The actual statistical value of nitrates per capita in Ukraine amounts to approximately 260 mg/day, whereas the acceptable daily intake per day equals to 280 mg.

On the basis of research analysis we have singled out the main reasons for ingestion of excessive amount of nitrates with food and defined the consequences of this process for consumers, having also advised a range of methods aimed at decreasing the amount of nitrates and their derivatives.

KEY WORDS: *nitrates, quality and safety, conservation, contaminants, recycling*