

5. Prospects for Sugar Confectionery for Gerontologic Purpose

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Introduction. Today, Ukraine is a country in which 25% of the population are people older than 60 years old. The retirement age in our country has also increased up to this limit. So Ukrainians have to take care of their health and, above all, properly organized, balanced diet, in which the decisive role is played by the regular intake into the body complex macro-and micronutrients. Rational gerontologic diet can reduce the number of the most common diseases of the elderly, such as diabetes, diseases of the musculoskeletal system (arthritis, osteoporosis), the gastrointestinal tract, cardio-vascular diseases and diseases of vision organs.

Materials and methods. The paper provides analysis of modern scientific research of leading specialists and scientists in the field of food technology.

Results and discussion. Sugar confectionery, yet until recently, were the source of easily digestible carbohydrates, high-calorie and low content of biologically active substances (BAS). Their purpose was to bring pleasure and joy. But times have changed. Today, sugar confectionery, together with other traditional foods have become a target for improvement and build on their basis new types of products enriched with natural BAS. Puree, juices, extracts, fruits, vegetables, berries, herbs are a source of natural BAS consisting of such products. They have become carriers of vitamins, micro-and macro elements, pectin's and even have therapeutic properties due to a change in the recipe of sugar confectionery. Sugar confectionery products for functional purpose are gaining each year ever more popularity with all the age groups of people, and especially the elderly. The range of such confectionery products in our country is limited due to the lack of new scientific developments covering both recipes and technologies.

It is therefore necessary to develop new kinds of sugar confectionery products for functional purpose that will allow to expand the range and create balanced products, related to the physiological needs and health of the aging population of Ukraine.

Conclusions. An important social program in Ukraine is the improvement of nutrition for the elderly because its solution affects not only the person's life, but also the lengthening of the active creative period, maintaining health, vitality, efficiency; helps to reduce the number of alimentary diseases and reduces the risk of premature aging. Therefore, the development of sugar confectionery for gerontologic purpose with given chemical composition and directed action is a very important component of functional food technology in modern conditions.

References

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