times and significantly increasing concentration in colon microbiocenosis of facultative anaerobic component of the normal flora - bacteria of genus *Escherichia* - by 52,21 %, *Enterococcus* - 26.48 %. We established dysbiosis in 20.83 % of cases, dysbiosis – in 75 % by changes of taxonomic composition and population level of main, additional and accidental microbiota of colon in patients with chronic hepatitis C. Normal microflora of the large intestine was established in 3 (4.17 %) patients with chronic hepatitis C.

Vlasyk L.I., Fundiur N.M., Grachova T.I., Korotun O.P.

HYGIENIC EVALUATIONOF FATS IN THE DIETARY INTAKE OF PRESCHOOL INSTITUTIONS IN THE TOWN OF CHERNIVTSI

Department of Hygiene and Ecology
Higher State Educational Establishment of Ukraine
«Bukovinian State Medical University»

The problem of children's health under contemporary conditions is of a special importance, as economic and social complications as well as ecological environmental conditions influence upon the rising generation. It is explained by a high sensitivity of children to harmful environmental factors. According to all the WHO data available an alimentary factor is one of the leading determinants of health. An adequate diet is one of the major factors determining the physical development of children, optimal functioning of all the organs and systems, their adaptive-compensatory possibilities and the level of children's health. Fats are one of the chief nutrients in dietary intake of children and adults. According to contemporary view they are not only energy substrate, but they perform a plastic function and take part in important metabolic processes.

Objective: to study and analyze the state of nutrition of preschool children in Chernivtsi by fats constituent.

The state of organized food supply of children attending nine preschool institutions in Chernivtsi was examined by means of the calculation method by copying the data during 10 days from the menu according to the seasons of the year, and then an average amount of products per one child a day was determined and compared with the recommended one. Energy value of food and the content of fats in it were detected by means of specially elaborated program compiled on the basis of I.M. Skurykhin's reference tables. Qualitative and quantitative indices of children's diet were estimated according to the "Food Standards in Educational and Health Institutions" (2004), "Standards of Physiological Requirements of Ukrainian Population in the Major Dietary Substances and Energy" (1999).

The nourishment of children in preschool institutions of Chernivtsi is organized according to group principle: practically healthy children of a certain group get similar by its volume and chemical content food corresponding to average physiological requirements of their organisms in the main nutrients and energy. Children have three meals a day providing 70-80% of their daily diet. The volume of food is distributed according to the time of meals: breakfast – 20-25%, lunch – 35-40%, afternoon snack – 10-15% out of daily energy food value. There was insufficient content of products found that are the sources of fats of vegetable and animal origin (meat, fish, eggs, vegetable oil, milk, dairy products, cheese). The content of ω-3 polyunsaturated fatty acids in all of the preschool institutions was lower than the recommended one. The ratio of ω-6: ω-3 was 32: 1, which is not recommended.

Conclusion. Qualitative and quantitative composition of the daily nutrition ration of children at preschool institutions of Chernivtsi was investigated and analyzed. Analysis of the daily children's diets in 9 preschool institutions of Chernivtsi showed that their food was variable, the order and intervals between meals were kept, as well as the sequence of taking dishes and distribution of energy value.

Hygienic evaluation of fats and polyunsaturated fatty acids constituent was provided. The diets were insufficient in the content of products that are the sources of fats of vegetable and animal origin. The content of ω-3 polyunsaturated fatty acids and ratio of ω-6: ω-3does not meet the recommended standards. The results obtained serve as the basis for development of recommendations for correction of children actual nutrition at preschool institutions of Chernivtsi.

Vlasyk L.I., Kushnir O.V., Fundiur N.M., Iftoda O.M.

THE CONTENT OF CARBOHYDRATES IN DIETARY INTAKE OF PRESCHOOL INSTITUTIONS IN THE TOWN OF CHERNIVTSI

Department of Hygiene and Ecology
Higher State Educational Establishment of Ukraine
«Bukovinian State Medical University»

Carbohydrates are one of the chief nutrients in dietary intake of children and adults. According to contemporary view they are not only energy substrate, but they perform a plastic function and take part in important metabolic processes. An excessive intake of simple carbohydrates on the ground of insufficient intake of dietary fiber in children's organism promotes constipation, diverticulosis, intestinal dysbacteriosis resulting in metabolic disorders, and thus creating the preconditions for the development of diabetes mellitus and diseases of the bile ducts. Being an anti-toxic component of food, dietary fiber prevents absorption of toxic and carcinogenic substances in the intestines, favours the formation of normal intestinal microflora, increasing the body resistance to unfavourable environmental factors.

Objective: to study and analyze the state of nutrition of preschool children in Chernivtsi by carbohydrate constituent.