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HYGIENIC ASSESSMENT OF THE DAILY DIETARY INTAKE OF THE POPULATION

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Introduction. A balanced diet is one of the key determinants of public health, contributing to disease prevention, maintenance of working capacity, and improvement of quality of life. Assessing the compliance of daily dietary intake with recommended physiological nutritional standards is essential for identifying nutritional imbalances and developing effective public health interventions.

Objective. To conduct a hygienic assessment of the daily dietary intake of the population by comparing seasonal food consumption patterns with recommended physiological nutritional requirements.

Results. The findings revealed a pronounced imbalance in the daily diet, characterized by excessive consumption of carbohydrate-rich foods and insufficient intake of protein- and micronutrient-rich products. Flour consumption exceeded the recommended physiological norms throughout the year, reaching 120–170.0% among men and 125–135% among women. Moreover, the consumption of bread made from refined wheat flour was substantially higher than recommended, accounting for 167.6–171.6% among men and 163.1–166.8% among women.

The intake of bread and pasta products also exceeded physiological recommendations in all seasons. In contrast, the consumption of rice and cereal products remained insufficient, representing only 27.5–37.0% of the recommended level among men and 21.1–30.2% among women.

The consumption of meat and meat products, including different types of meat, organ meats, and processed meat products, was considerably below the recommended dietary allowance. Seasonal intake ranged from 37.2% to 65.3% among men and from 38.3% to 63.6% among women, indicating an inadequate supply of high-quality dietary protein.

Vegetable consumption also remained below the recommended level throughout the year, accounting for 57.3–96.7% of the physiological requirement among men and 50.9–72.7% among women. The complete absence of pumpkin consumption during the summer season significantly affected the overall vegetable intake. Fruit consumption was even lower, reaching only 22.7–34.0% of the recommended intake among men and 18.0–38.0% among women, demonstrating a persistent deficiency across all seasons.

Sugar intake substantially exceeded the recommended physiological levels, ranging from 133.3% to 213.3% among men and from 175.0% to 275.0% among women. Such excessive sugar consumption represents an important risk factor for obesity, diabetes mellitus, and other metabolic disorders.

Vegetable oil intake varied between 83.3% and 116.7% of the recommended level among men and between 60.0% and 100.0% among women. Although fat intake

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approached the recommended values in some seasons, women demonstrated insufficient vegetable oil consumption during certain periods of the year.

Conclusion. The study demonstrated a significant imbalance in the dietary patterns of the population. Daily food intake was characterized by excessive consumption of flour-based products, bread, and sugar, accompanied by inadequate intake of meat, vegetables, fruits, and cereals. Such nutritional imbalance may increase the risk of nutrition-related non-communicable diseases. Therefore, strengthening public health measures aimed at promoting balanced nutrition, improving dietary habits, and encouraging adherence to physiological nutritional recommendations is essential for improving the nutritional status and overall health of the population.

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