



MINISTRY OF HEALTH OF UKRAINE
NATIONAL UNIVERSITY OF PHARMACY
DEPARTMENT OF PHARMACOGNOSY AND NUTRICIOLOGY

Elective educational component «Nutrition»

Educational program Pharmacy
Specialty 226 Pharmacy and industrial pharmacy



Nutritiology when translated from Latin means **nutrition**.

Nutritiology helps a person to reduce the risk of diseases, restore and maintain his health by correcting his diet and lifestyle.



The importance of studying nutritiology



According to the World Health Organization, human health is **40-45%** dependent on **nutrition**.

The aim of nutritiology

1

provide a balanced diet for a healthy person

2

contribute to the relief of the condition and recovery of sick people

3

to carry out diseases prophylaxis (diseases prevention) in people belonging to certain risk groups

Objects of nutritiology



Food raw materials



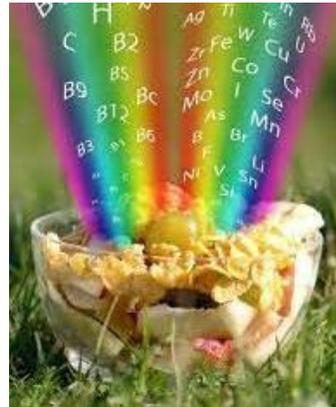
Food



Dietary
supplements

THAT IS the sources of nutrients and biologically active substances in the human body

What we will study



- Nutrition: functions, theories, types
- Laws of rational nutrition
- Characteristics of micro- and macronutrients
- Non-traditional (alternative) types of food
- Dietary supplements
- Characteristics of therapeutic nutrition
- Nutritional correction of diseases



Learn about:

Types of dietary supplements:

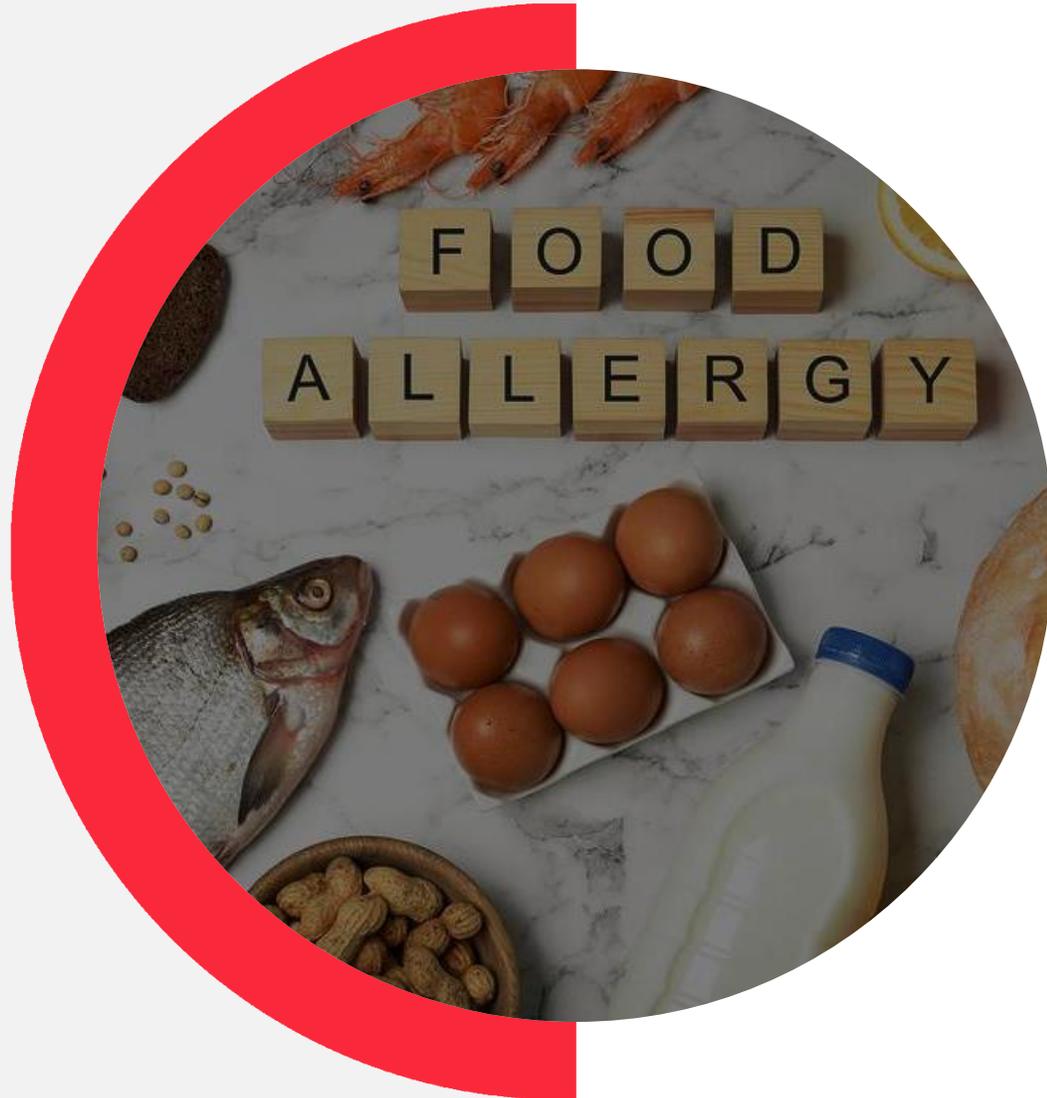
- nutraceuticals
- para-pharmaceuticals
- probiotics

The difference between:

- probiotics
- prebiotics
- synbiotics and metabiotics

What types of other food exist:

- functional food product
- food product for special dietary consumption (use)
- food product for special medical purposes



The difference between:

- food allergies
 - and
- food intolerance

Nutrient correction of diseases of various body systems:

- cardiovascular
- locomotor
- urinary
- hepatobiliary
- endocrine
- gastrointestinal tract



Those who do not have time for a healthy diet, sooner or later will have to find time for illness.

Edward Stanley



Your diet is a bank account. A good food choice is a good investment.

Bethanie Frenkel

THANK YOU FOR YOUR ATTENTION!



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