

### **F.43. ANALYSIS OF MICRONUTRIENT CONTENT IN THE DAILY FOOD RATION OF PRESCHOOLERS OF REPUBLIC OF MOLDOVA**

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**Abstract.** Nutrition is one of the decisive factors that influence the health and level of physical development of children. The mandatory requirement is that through quality food children receive trophies in optimal quantities and ratios, correctly distributed over time, in an accessible and appetizing form. Imbalance of nutritional principles, excessive or insufficient consumption of food, other inconveniences are major risk factors for degenerative diseases, malnutrition, obesity, cretinism, reduced physical and mental capacity, physical retardation etc. The degree of economic development, geographical area, family income traditions and other social inconveniences seriously affect children's nutrition. During the last 30 years, the Republic of Moldova has gone through a very difficult and irreversible period, from one socio-economic formation to another, absolutely different in terms of quality, built on absolutely different principles. These changes are very relevant in terms of the negative impact on the health of the population, including children and adolescents, which is also confirmed by official statistics. Although, in recent years, some indicators of children's health have improved, children from poor families are more prone to diseases caused by social factors. Thus, in recent years there are more and more cases of physical retardation in children. Although, in recent years, some indicators of children's health have improved, children from poor families are more prone to diseases caused by social factors. Thus, in recent years there are more and more cases of physical retardation in children. At the same time, about five percent of children are overweight (high weight for height). According to the National Program on Nutrition for 2014-2020, adherence to the principles of rational and balanced nutrition is a simple and effective remedy for strengthening and maintaining health and preventing non-communicable diseases related to diet, malnutrition and nutritional deficiencies. In this context, the National Center for Public Health has developed a model menu in accordance with the physiological norms of food, which is implemented in preschool institutions, starting with the fall of 2020. The aim of this research is to estimate the nutritional status of institutionalized preschool children, which is based on the proposed model menu and consists in assessing the compliance of the content of main nutrients and micronutrients with the recommendations in force. The study highlighted some moments of optimization of the compositions of the proposed rations (content of proteins, carbohydrates, lipids, vitamin C) at the same time the insufficient content in some microelements (Ca, Fe, Zn) was highlighted.

**Keywords:** model menu, nutrition, preschoolers, deficiencies.