

FUNCTIONAL FOOD PRODUCTS - A NEW STAGE IN MODERN NUTRITION

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Abstract. *This article provides information on the role of functional food products in the diet, the history of their development, the concept of functional products, their main functions and importance in nutrition.*

Keywords : *Functional product, immunity, antioxidant, metabolism, prebiotics and probiotics, omega fatty acids, biologically active substances, etc.*

It is known that in the 21st century come human health for far life vision and work ability storage issues current from issues to one became modern to society fast marriage style , low costly ecological problems and wrong food such as factors human to your health negative impact does not show . Therefore next in years population between healthy food style current to grow for the purpose modern of food new stage was functional food from products use on the road This is being put in . in products not only organism energy and plastic need satisfy for service does , maybe additional biological also has activity to be human health storage and diseases prevent to take big contribution Addictive. products to the composition natural biological active Products rich in nutrients - vitamins , minerals , antioxidants , prebiotics and probiotics , omega fatty acids , fiber and other nutrients enters. Therefore for both, functional food products human in the body certain physiological processes amplifier and health to improve service doer products . Therefore , they traditional food that is simple from food in differentiation preventive to the effect has become far within the period human health to provide help gives .

Saying okay , personal in society functional food from products use far long ago go For example , a row peoples in nutrition biological rich in nutrients fermented milk products (kefir, yogurt , ayron), honey and propolis spices (cumin , turmeric) and others) various plant from tinctures (tinctures) to cleanse the body external to the effects was fighting spirit that is immunity lift and food digestion to do improve for the purpose using They are handsome .

But , functional food products working release concept scientific basis create according to initial step in Japan in the 80s of the 20th century appearance Japan government by population health strengthening , aging process slow down and medical expenses reduce for the purpose special food types create according to program working Finally , in 1984, Japan introduced the FOSHU (Food for Specified Health Uses)- “ Health for special food system This is confirmed . own in turn functional of products scientific first approved classification is considered . Since the 1990s Europe , USA and other functional in countries as well products working release industry develop started . Current on the day functional food products market fast at a pace growing and global health food industry main from directions to one is spinning .

Indeed , the current at the time whole in the world healthy marriage style promote being done one at the time of humanity food to the diet functional food products input It is very effective . For example , functional to eat throw to do through human in the body the following :

- The organism energy and nutrients was need satisfy ;
- Immunity storage and increase ;
- Digestion system standardization ;
- Heart blood vessel diseases prevention to do ;
- Metabolism improve and weight stabilization ;
- Inflammation circumstances reduce ;

- Intellectual activity and work ability increase such as one row tasks to be provided is achieved .

Conclusion as functional , so to speak food products with nutrition-human health strengthening , diseases prevent to take and life to the quality positive impact indicator rational and scientific based food is a system .

It is modern . marriage of style inseparable part is , every one human own to the diet such products input through own health to provide to achieve possible .

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