NUTRITIONAL POLICY IN ROMANIA

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SUMMARY

Between the nutritive needs of the organism and the quantity of nutritive substances from aliment a permanent balance is required. If this balance is not preserved, alimentation becomes irrational, with a negative impact on growing, working ability and health status. From this point of view, it is a mistake not only the lack or insufficiency of nutritive substances, but also an exaggerate consumption towards the organism. It is necessary to be aware of the nutritive needs of organism, but also of the content and nutritive value of alimentary products, these domains going through significant changes during the last decades.

As a result, I consider that one of the major difficulties of modern nutrition is to establish the standards for a rational nutrition. If we compare recommendations made by different authors, by different national or international organizations regarding the nutritive regulations, we may notice major differences. The attempts to find an alimentary pattern adequate to all individuals from a society will probably never be successful. The fundamental reason lies in inter and also intra-individual differences regarding the necessary of nutritive principles. [2].

In Romania, The Institute of Hygiene and Health from Bucharest adopted these regulations to our country’s specific life and activity, that is temperate climate (annual average temperature: 10ºC) and an energetic consumption slightly bigger for the same groups of population, given the more reduced facilities of the normal daily life[1].

I consider that, at the present moment, alimentation issue has to be approached from a new perspective, both regarding the nutritional aspect and the technical one, because the facilities of the contemporary life (diminished effort by mechanization and automation, development of facilities, higher homely comfort) limits the energetic needs. But, most of the time, decreasing energetic supply leads to a significant decrease of the quantity of biological active substances essential to the individual. As a result, an increase of biological active nutrients is mandatory, together with a decrease of aliments’ energetic supply, a process that is a registered as a tendency inside all the developed countries.

REFERENCES