

Satellite Symposium for Euro Global Summit & Medicare Expo on
Weight Loss



Make smart choice – Improving cardiovascular health through healthy nutrition and dietary salt restriction

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Modelling and optimization in nutrition can be applied in many types of food and nutrition research and it is very important in planning meals for groups and individuals. Dietary NaCl restriction is arguably the most frequent self – care behavior recommended to patients with cardiovascular diseases (CVD). Excessive NaCl intake frequently is associated with fluid retention. Observing the status of the patients in Macedonia has shown increasing trend of patients with CVD in recent years. CVD remains the leading cause of death in Macedonia, and the risk factor for atherogenic CVD increases progressively with age. The research is based on

public health centres surveying, using standardized survey tools containing nutritional information notes, type and frequency of food utilization and NaCl restriction. The survey is used to capture the restriction of NaCl in both working and non-working days and to monitor and analyze NaCl intake during the treatment. The results from the survey will be entered in a database using Excel software which enables both preliminary and final analysis of the data. The optimization will be made with Simplex method which is one of the top ten methods for optimization. The numeric calculation will be conducted using the Visual Basic program language. The concluding results will be compared with the recommended publications of the World Health Organization. The results will be used to set-up recommendations, for future health promotion programs for healthy nutrition.

Biography

Tanja Tefova is Student degree of Food and Nutrition, Faculty of Technology and Technical Sciences – Veles at the University of Bitola "St. Clement of Ohrid". She is junior teaching associate on the Nutritional Studies at her faculty. She has practical experience in Bovin Winery (2014, 2015). She is a member at Association of Citizens EKOVIDA – Negotino. She is communicative and creative person and she has outstanding ability for planning, working in a team and motivating.

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