

# DOES AN IDEAL DIET EXIST? BASIS OF INDIVIDUAL DIET COMPOSITION.

## Summary

Despite huge advance in scientific research on the influence of diet on human and animal health some recent epidemiological data suggest increased number on diet-dependent diseases, namely alimentary tract and urogenital tract cancer, inflammatory diseases and immunological disorders. One of the

reasons of such observations could be maladjustment of feeding guides or specific dietary requirements to patient health status. The present paper gives the theoretic background for the individual recommendation and feeding programs formulation.