

LEGISLATIVE MEASURES TO IMPROVE THE NUTRITION OF CHILDREN FROM KINDERGARTENS IN BULGARIA

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Abstract

Ensuring healthy nutrition for organized groups of children in Bulgaria is a priority of national food policy. In this regard, the group from leading Bulgarian experts on nutrition of children has been created to Ministry of Health. The aim of the group was to update the existing ordinance on healthy nutrition of the children aged 3 to 7 years.

In 2018, after reviewing the existing scientific evidence, documents from the European Food Safety Authority (EFSA) and the opinions of leading international organizations, the food based dietary guidelines (FBDG) of the Bulgarian population were updated. The new Ordinance on FBDG has set the framework on the basis of which the existing ordinances for different age groups of children should be modified. In this regard, the current Ordinance No. 6 on the healthy nutrition of children from 3 to 7 years old in kindergartens has been amended and supplemented in issue no. 87 of the State Gazette of 05.11.2019. The changes provide an opportunity to achieve healthy and adequate nutrition, corresponding to the physiological needs of children from 3 to 7 years of age in the kindergartens and catering services. The Ordinance No. 6 introduces in practice the requirements for the food offered to children from 3 to 7 years in organized groups. The updated product range, which divides children from this age group into two subgroups (3 - 4 and 5 - 7 years old), helps to create healthy eating habits, which is the basis for building a healthy childhood eating pattern. The average daily energy intake of the food offered is concerned with current opinions on the dietary reference intake of energy of children from 3 to 7 years, which is the basis for retention, and even for reducing the frequency of overweight and obesity in children.

Optimizing nutritional status by ensuring a varied and balanced healthy diet in children from 3 to 7 years will create conditions for long-term good health and reduce the risk of chronic non-communicable diseases later in life.

Key words: *Nutrition, Children, Ordinance.*