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ЖИРНЫЕ КИСЛОТЫ В ПИТАНИИ БЕРЕМЕННОЙ ЖЕНЩИНЫ И РЕБЕНКА: РОЛЬ ДЛИННОЦЕПОЧЕЧНЫХ ПОЛИНЕНАСЫЩЕННЫХ ЖИРНЫХ КИСЛОТ В ПРОЦЕССАХ ПРОГРАММИРОВАНИЯ ПИТАНИЕМ

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Одной из новых современных концепций педиатрической нутрициологии стала концепция «программирование питанием». Согласно этой концепции питание на ранних этапах развития изменяет характер метаболизма плода и младенца и формирует в зависимости от характера питания или здоровый фенотип с высокой продолжительностью жизни, или фенотип, склонный к развитию ожирения, сердечно-сосудистых заболеваний, нарушению толерантности к глюкозе. К настоящему времени стали известны некоторые факторы питания, приводящие к таким нарушениям. Так, недостаточное питание в период беременности (снижение потребления белка, калорий, а также гипоксия и анемия) и рождение ребенка с задержкой внутриутробного развития увеличивают риск развития ожирения впоследствии. Избыточное питание беременной, а также гестационный диабет, ожирение и высокая прибавка в весе во время беременности способствуют рождению ребенка с макросомией и последующим риском развития метаболического синдрома. Особую роль в процессах программирования играют длинноцепочечные полиненасыщенные жирные кислоты (ДПНЖК), которые, являясь лигандами для ряда клеточных рецепторов, способны влиять на процессы метаболизма липидов, изменять направленность иммунного ответа и контролировать процессы воспаления. В обзоре представлены современные данные о влиянии потребления ДПНЖК в период беременности на состояние здоровья потомства, развитие когнитивных функций.

Ключевые слова: *концепция программирования питанием, питание беременной женщины, длинноцепочечные полиненасыщенные жирные кислоты, состояние здоровья и когнитивные функции младенцев.*

The «nutritional programming» is one of the new, modern conceptions of pediatric nitriciology, which denotes that nutrition in early stages of development can change the way of metabolism of

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Одним из достаточно новых и пока не очень

свойствами [44].

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