

NUTRITIVNI ASPEKTI PROSEČNE POTROŠAČKE KORPE U SRBIJI

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Socioekonomski faktori, kao što su prihod, obrazovanje i zanimanje, utiču na ishranu i izbor namirnica u domaćinstvu. Ova veza se ogleda kroz prosečnu potrošačku korpu, čiju strukturu objavljuje Ministarstvo unutrašnje i spoljne trgovine Republike Srbije. Korpa obuhvata 73 prehrambene namirnice raspoređene u devet kategorija: žito i proizvodi od žita, povrće i prerađevine od povrća, voće i prerađevine od voća, sveže i prerađeno meso, sveža i prerađena riba, ulja i masti, mleko, mlečni proizvodi i jaja, bezalkoholna pića i ostali prehrambeni proizvodi.

Cilj ove studije bio je procena unosa nutrijenata/kalorija na osnovu prosečne potrošačke korpe u Srbiji. Za analizu sastava hrane korišćene su baze podataka *CAPNUTRA* i *FoodData Central*. Dnevne količine svake namirnice u korpi pomnožene su sa sadržajem nutrijenata i energetsom vrednošću, a dobijene vrednosti su sabrane kako bi se dobila procena dnevnog unosa pojedinih nutrijenata/kalorija.

Analizom prosečne potrošačke korpe primećeno je da je ishrana stanovništva neuravnotežena (u odnosu na evropske preporuke), sa visokim unosom hleba, brašna i mesnih prerađevina, a nedovoljnim unosom voća, povrća i ribe, što može povećati rizik od hroničnih bolesti. Poređenjem sa referentnim energetske potrebama odraslih (2000 kcal dnevno, kako je utvrđeno Uredbom (EU) br. 1169/2011) uočeno je da je unos kalorija do 40% viši od preporučenog. Iako procentualna zastupljenost ugljenih hidrata, proteina i masti odgovara prvom principu racionalne ishrane, ukupni unos makronutrijenata i kalorija premašuje dnevne potrebe.

Edukacija i podizanje svesti o zdravim izborima hrane, uz aktivnu podršku institucija i prehrambenog sektora, može imati ključnu ulogu u podsticanju uravnotežene ishrane i unapređenju dugoročnog zdravlja stanovništva.

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NUTRITIONAL ADEQUACY OF THE MODERATE-COST SHOPPING BASKET IN SERBIA

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Socioeconomic factors such as income, education, and occupation strongly influence nutrition and household food choices. In Serbia, this relationship is reflected in the national moderate-cost shopping basket, which includes 73 food items grouped into nine categories.

Present study aimed to evaluate the nutritional adequacy of this basket in relation to dietary recommendations. Food composition analysis was conducted using the harmonized CAPNUTRA database and FoodData Central. Daily quantities of each food in the basket were multiplied by nutrient content/energy value of the food and summed to derive an estimate of daily consumption of each nutrient/calorie.

Overall, the diet appears unbalanced when assessed against the European Food-Based Dietary Guidelines, showing excessive consumption of bread, flour, and processed meats, and insufficient intake of fruits, vegetables and fish, which may increase the risk of nutrient deficiencies and chronic health problems. Comparison with reference energy intakes for adults (set at 2000 kcal per day for an average adult, as established by Regulation (EU) No 1169/2011) shows up to 40% higher calorie consumption. Although energy from carbohydrates, protein, and fat falls within recommended proportions (in line with the first principle of a rational diet), total intake of macronutrients and calories exceeds daily needs, indicating that the Serbian moderate-cost shopping basket provides more nutrients than required for a standard diet.

Strengthening nutrition education and raising awareness of healthier food choices, actively supported by institutions and the food sector, could play a key role in encouraging more balanced diets and promoting long-term population health.

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