

Milica Cvijović*

IMPORTANCE AND POSSIBILITIES NUTRITIONAL PROGRAMME "CIGOTICA" IN ADOPTING HEALTHY NUTRITION

Summary: In addition to dietary and recreational aspects, CIGOTICA Program has an educational character through a series of workshops and lectures (held by doctors, professors of physical education, dietitians, psychologists), which aims at adopting new habits. The dietitians's / nutritionist's task is to explain the importance and principles of proper nutrition, caloric value and composition of food, the proper way to prepare food as well as to draw attention to the mistakes in the previous diet and to point out that the adoption of new "healthy" habits should be of a permanent character.