

## PROBLEMS OF STUDENT NUTRITION

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### ANNOTATION

One of the most important components of a healthy lifestyle is a rational diet. The majority of the population treats their health with disdain. Lack of time, incompetence in matters of food culture, the pace of modern life - all this has led to promiscuity in the choice of products.

I am concerned about the growing popularity among students of fast food products containing a large number of various flavors, dyes, modified components. Therefore, improper nutrition becomes a serious risk factor for the development of many diseases. Unfortunately, the statistics of recent years show a sharp increase among young people of people suffering from obesity, diseases of the cardiovascular system, diabetes, etc. It is possible to prevent such diseases if you lead a healthy lifestyle and, first of all, eat right.

The body of students is characterized by features due to age, the influence of study conditions and everyday life.

Changes in the usual way of life have a great impact on the body of junior students.

In the body of young people, the formation of a number of physiological systems, primarily neurohumoral, has not yet been completed, so they are very sensitive to a violation of the balance of food rations.

Due to the violation of the diet during their studies, many students develop diseases of the digestive system, called "diseases of the young", as well as hypertension, neuroses, etc.

The student period is very intense and diverse, characterized by a great overstrain of the nervous system. The load, especially during the session, increases significantly up to 15-16 hours a day. Chronic lack of sleep, violation of the daily

routine and rest, the nature of nutrition and intense information load can lead to a neuropsychiatric breakdown. In order to compensate for this negative situation, properly organized rational nutrition is of great importance.

Most often, students eat extremely irregularly, snacking on the go, dry-boiled, 1-2 times a day, many do not use the services of the canteen. Carbohydrates predominate in the diet of students, because due to them it is easier to replenish energy costs.

When choosing products, the limited monetary budget of students should be taken into account. In order to ensure the students' diets with a sufficient amount of biologically valuable proteins, their cheap sources (offal, skimmed milk, low-fat kefir, etc.) should be used.

To ensure the need for fats, vegetable and butter (20-25 g) must be introduced into the diet in an unheated form. Sweets should be avoided, as this can lead to obesity and diabetes, the consumption of sweets, especially those sticking to the teeth, leads to caries.

In order to eliminate the consequences of a sedentary lifestyle, plant foods that are a source of dietary fiber should be more widely included in the diet.

For the normal functioning of the body, a balanced intake of its main components with food is necessary, namely: proteins, fats, carbohydrates, vitamins, trace elements. It is very important that the caloric content of the diet corresponds to the energy expenditure of the body, depending on individual characteristics - such as height, weight, age and the degree of physical and emotional stress. Nutrition should be varied, include meat, fish, eggs, dairy products - the main sources of protein necessary for the growth and restoration of cells and tissues of the body and its normal functioning. Fats should make up about 30% of the total caloric content of the diet, and at least a third of the total should be used in the form of vegetable oils, they should be used more widely in the preparation of salads, vinaigrettes. To improve brain activity, as well as to prevent atherosclerosis, it is necessary to increase the number of fish dishes in the diet.

Carbohydrates are the "fuel" of brain cells. Bread, potatoes, sugar, confectionery, cereals, chocolate - these are their main sources, which in excess turn into fats, deposited in fat depots. Remember that 100 g of caramel gives the body about 300-400 kcal, and pastries, cakes, etc. - even more. An excess of such "empty" calories can lead not only to excess fat deposits, but also to memory impairment.

But vegetables and fruits, greens are sources of vitamins, minerals, dietary fiber, they are better to eat raw in salads, besides, we must remember that 100 g of vegetables give only 20-40 kcal.

The general condition of the body, its activity and efficiency depend on the diet. It is necessary to take food at least 3-4 times a day, preferably at the same time. Breakfast should be mandatory and quite dense, during lunch a full-fledged hot food is needed, which cannot be replaced by the use of fast food (vermicelli, mashed potatoes and a variety of soups from sachets). For dinner, it is better to eat easily digestible dairy, cereal or vegetable dishes.

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