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PROPER NUTRITION OF YOUNG PEOPLE - THE ESSENCE AND BASIC RULES.

Yoshlarning to'g'ri ovqatlanishi - mohiyati va asosiy qoidalari. Правильное питание молодежи – суть и основные правила.

Annotation. *This article is devoted to the analysis and researches about one of the most crucial concepts of a healthy lifestyle – proper nutrition. The concept of a healthy lifestyle has a broad meaning, it includes activities such as physical activity, rational nutrition, fighting against harmful habits, i.e., drug addiction, smoking, alcohol consumption. At this point, it should be remembered that among the thousands of factors that affect the human body, eating, especially at the right time and in moderation, and when necessary, consuming dietary food is of leading importance.*

Key words: *proper nutrition, health, healthy life-style.*

Anotatsiya. *Ushbu maqola sog'lom turmush tarzining eng muhim tushunchalaridan biri - to'g'ri ovqatlanishning tahlillariga bag'ishlangan. Sog'lom turmush tarzi tushunchasi keng ma'noga ega bo'lib, u jismoniy faollik, ratsional ovqatlanish, zararli odatlarga qarshi kurashish, ya'ni giyohvandlik, chekish, spirtli ichimliklarni iste'mol qilish kabi faoliyatni o'z ichiga oladi. Shu o'rinda shuni unutmaslik kerakki, inson organizmiga ta'sir etuvchi minglab omillar orasida ovqatlanish, ayniqsa, o'z vaqtida va me'yorida, kerak bo'lganda, parhez taomlarni iste'mol qilish yetakchi ahamiyatga ega.*

Kalit so'zlar: *to'g'ri ovqatlanish, salomatlik, sog'lom turmush tarzi.*

Аннотация. *Данная статья посвящена анализу и исследованию одного из важнейших понятий здорового образа жизни – правильного питания. Понятие здорового образа жизни имеет широкое значение, оно включает в себя такие мероприятия, как физическая активность, рациональное питание, борьба с вредными привычками, т. е. наркоманией, курением, употреблением алкоголя. Здесь следует помнить, что среди тысяч факторов, влияющих на организм человека, ведущее значение имеет прием пищи, особенно в нужное время и в умеренных количествах, а также при необходимости употребления диетической пищи.*

Ключевые слова: *правильное питание, здоровье, здоровый образ жизни.*

Relevance of the work.

First of all, it should be remembered that among the thousands of factors that affect the human body, nutrition, especially at the right time and in moderation, and when necessary, eating dietary food is of leading importance. From a medical point of view, eating is recommended in different order and composition, taking into account age, body weight, gender, climatic conditions, type and period of disease in the body. Only then can a person live a long, healthy and prosperous life.

It is very important to pay attention to its composition when eating. Because protein-rich foods increase the excitability of the nervous system, it is better to eat them in the first half of the day, when a person is actively moving. Otherwise, it will cause sleep disturbance. When dinner makes up the majority of the daily diet, the breakdown of fats is not fully observed, causing a tendency to obesity. If there is a sufficient level of energy in the body, that is, a balance between energy consumed and energy obtained from food, a person will live a healthy and long life.

Research objective.

Rules of proper nutrition: Many people think of eating healthy, nutritious, high-calorie foods. Some people eat irregularly (at lunch or in the evening before going to bed) without following the rhythm of eating.

In fact, if the food consumed provides the body's recovery, satisfies the need for lost energy, contains the necessary number of proteins, fats, carbohydrates, vitamins, micro- and macro elements, plant fibers, and contains food and if their composition and quantity correspond to the activity of enzymes of the gastrointestinal system, it is called rational nutrition.

Based on the energy consumed and received by each person during one night, it is possible to create a food ration. Proteins, fats, carbohydrates, vitamins, minerals and water in the food should be in proportion to each other. Eating food at a certain time of the day allows the formation of conditioned reflexes and prepares the body for food intake. The time between breakfast and lunch, lunch and dinner should be 3-4 hours, dinner should be eaten at least 3 hours before sleep. Eating 4 times a day - approximately 25% of it should be the first breakfast, 15% the second breakfast, 35% the lunch, 25% the dinner. In some cases, it is recommended to eat 5 times - about 25% should be the first breakfast, 15% the second breakfast, 35% the lunch, 20% the dinner, 5% the meal before going to bed.

Excess calorie intake leads to obesity, high blood pressure and a number of other cardiovascular diseases. The intake of calories less than the norm creates a basis for the reduction of the body's defense and adaptation capabilities and the emergence of diseases. In such cases, the process of growth and development in the child's body lags behind.

Materials and methods.

In general, the percentage of proteins consumed with food should be in the range of 10-15%, the percentage of fats should not exceed 30%, and the percentage of carbohydrates should be 55-65%. It is recommended to eat at least 60 percent of the daily food volume in the first half of the day - breakfast and lunch. Breaks between meals should not exceed 3-4 hours. Meal time should be enough to eat all the food slowly and thoroughly. When a person eats in a hurry, he eats more food than he needs, because the time of satiety is relatively late, and according to the law of

negative feedback, the behavioral signal is transmitted to the brain with the concentration of glucose and amino acids in the blood. In addition, food is not well ground and moistened with saliva, and as a result, its digestion and absorption in the stomach and intestines deteriorates.

Results and discussion.

Causes of chronic diseases: The main causes of non-infectious chronic diseases in Uzbekistan:

- excessive consumption of animal and vegetable fats, sugar and salt;
- low consumption of products rich in biological substances, such as meat and dairy products, fruits and vegetables.

Principles of rational nutrition:

- eat various fresh vegetables and fruits several times a day (400-500 g per day);
- 250-300 g of wholemeal bread (black and 2nd grade), cereals 50-80 g. and 150-200 g. eat potatoes;
- do physical activities every day to keep your weight under control;
- control fat consumption and replace animal fats with vegetable oils (20-25 g);
- replace fatty meat and their products with legumes, fish, chicken or lean meat;
- choose products with low sugar content. Limit the consumption of sweets;
- the total amount of table salt in the daily diet should not exceed 1 teaspoon, i.e., 5 g. Eat only iodized salt;

- do not drink tea while eating. Drink vegetable and fruit juices or boiled water instead of tea. Drink tea in the breaks between main meals;

- pay attention to its safety during food preparation. Steaming, cooking and boiling food in a gas oven helps to ensure its safety and reduce the amount of oil, salt and sugar used in the preparation process;

- try to feed the baby exclusively with breast milk during the first 6 months of its life. After that, it is necessary to give additional foods gradually without weaning them from mother's milk.

Dietary nutrition is the satisfaction of the body's physiological need for nutrients and a therapeutic effect on the course of the disease. Dietary nutrition first of all involves chemical, thermal and mechanical treatment of the diseased organ, exchange of one product for another, or introduction of necessary nutrients to the patient's body.

Conclusions.

Being healthy depends on following the rules of nutrition. Therefore, it is necessary to ensure the variety of the diet. If the composition of the food is diverse, i.e., animal products (meat, fish, milk), plant products (vegetables, fruits, their porridges) are complete, then all the necessary substances will regularly enter the body. will be provided.

Malnutrition that leads to various diseases: eating more than this norm, especially animal fat, bread products, eating heavily fried foods after 19:00, eating without chewing well, eating too hot or too cold, eating spicy-salty.

For a healthy life, we would recommend eating the following products little by little, often (4-5 times a day instead of 3):

- From proteins: lean meat, poultry, fish, eggs;
- From carbohydrates: fruits - apples, grapes, pomegranates, vegetables - carrots, cabbage, beets, potatoes, tomatoes, cucumbers, their salads;

- Fats: vegetable oils, butter, plum oil;
- Dairy products: cream, cheese, cottage cheese, yogurt.

Products that should be limited and reduced from consumption:

Fatty meat, fried foods;

A large number of flour products, sweets (cakes), carbonated drinks, ice cream, coffee, preserves and sausage products.

In conclusion, it should be said that in order for the body to grow and function normally, it is necessary to eat food in the correct and rational measure.

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