

STUDIES HEALTHY DIET FOR POPULATION HEALTH

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Abstract. *The taste of food, its aroma, appearance can affect a person's mood. Thus, human nutrition should be built in such a way that it fully meets the body's need for energy and substances necessary for its growth and development. "If you want to be healthy, strong, smart and beautiful, you need to eat healthy foods." Children have heard this phrase from adults many times. There are many advertisements for various food products in newspapers and on television. But are they all so useful to our body? There are a lot of questions: What are the most useful products? What is our food made of? I wanted to find answers to these questions.*

Keywords: *Healthy, diet, population, health, rational, development, nutrition.*

Relevance. Insufficient intake of vitamins leads to dangerous consequences: first of all, the body's resistance to colds and infections decreases, complications after illnesses occur more often, and mental and physical performance decreases.

Hunger is one of the first feelings that human nature endows immediately after birth. Instinctively, a newborn child is drawn to food, realizing that it is the only source of life. Only food supplies the child with the substances that allow him to grow and develop. So why do we eat? Food is a factor that provides a person with energy and components necessary for the growth and development of the body. Rational nutrition contributes to the preservation of health, performance, is used in the prevention and treatment of various diseases. The taste of food, its aroma, appearance can affect a person's mood. Thus, human nutrition should be built in such a way that it fully meets the body's need for energy and substances necessary for its growth and development. "If you want to be healthy, strong, smart and beautiful, you need to eat healthy foods." Children have heard this phrase from adults many times. There are many advertisements for various food products in newspapers and on television. But are they all so useful to our body? There are a lot of questions: What are the most useful products? What is our food made of? I wanted to find answers to these questions.

Purpose of the study. Familiarize yourself with the principles of healthy eating, Food is a cure for disease.

Parents, teachers want to see their children cheerful, cheerful, happy, and most importantly healthy! This can be achieved by leading a healthy lifestyle. The World Health Organization in 1940 introduced a new definition of health. Health is complete physical, mental and social well-being and not merely the absence of disease or infirmity. And the well-being of a person depends on mental health, which is directly related to the lifestyle that a person leads. The well-known saying: "A man is what he eats" is very relevant today, as we live in an age of chemicalization, environmental pollution, and genetically modified foods. Of great importance is the study of their composition and quality. 1. 2 The main groups of food products and their importance in nutrition A person uses a variety of food products that he needs for growth, movement, and health. To grow, you need protein, fats; Carbohydrates are needed for movement and maintaining body temperature, calcium and phosphorus are needed for healthy bones and teeth. For health - vitamins. Where are these substances located? There are several main groups of food products: meat and meat products; fish and fish products; eggs; milk and dairy products; bread and bakery products, cereals, pasta;

legumes; vegetables, fruits and berries; nuts and mushrooms; confectionery; dietary fats; beverages. Meat and meat products. This food group includes beef, lamb, pork, poultry meat (chicken, turkey), rabbit, as well as various types of sausages, sausages and sausages. What they all have in common is their high content of protein, iron, and vitamin B12. At the same time, the proteins of meat and meat products are of high quality. That is why meat is recommended to be included in the daily diet of children. But sausages, sausages and sausages contain much more fat and salt than meat. In their manufacture, a number of food additives are used. Pork and especially lamb also contain more fat than beef, and they are dominated by indigestible (refractory) fat. The proportion of fat in chicken meat is usually lower than in beef and especially pork and lamb. Therefore, poultry and beef dishes should prevail in the diet of adolescents, while lamb, pork, sausages, sausages and sausages should be used in a limited way - no more than 1-2 times a week. Fish and fish products. The nutritional value of fish and fish products is close to that of meat. This group is also an important source of high quality protein, easily digestible iron and vitamin B12. Moreover, since fish has less connective tissue than meat, fish and its proteins are more easily digested and absorbed by children and adolescents. This is one of the reasons that fish dishes are recommended in the evening, and not meat dishes: the stomach and intestines should also rest at night, and not be engaged in the digestion of food. Despite the noted similarity in the chemical composition of fish and meat, the former contains some nutrients that are absent in meat. This is, first of all, the trace element "iodine". Fish are richer than meat in vitamins PP and B6. Eggs are the third important source of protein in human nutrition. But, in addition to protein, this product contains many other useful substances: fat, vitamins A, B12. At the same time, all the nutrients of the egg are quickly and well absorbed. Therefore, eggs are good for teenagers, unless, of course, they cause allergies (which happens often). However, do not get carried away with eggs. Good "golden mean" - 1-2 eggs a day, no more than 2-3 times a week. The next group of products are close "relatives" of the first three groups. We are talking about milk and dairy products, which are related to meat and fish by the presence of high-quality protein in them. But protein is not the only advantage of this group of products. You get calcium and vitamin B2 mainly from milk and dairy products. On the day you should drink at least two glasses of milk or yogurt. The content of calcium and vitamin B2 is even higher in products such as cottage cheese and cheese, which are "natural concentrates" of these substances. Calcium is especially necessary for children and adolescents, since during this period there is an intensive formation of bones and teeth, requiring significant amounts of calcium. Bread and bakery products, cereals, pasta. Both bread and cereals can serve as a source of almost all basic nutrients - protein, fat, carbohydrates, some vitamins (B, B2, PP), mineral salts (magnesium, iron, selenium, etc.). They contain vegetable fibers necessary for the normal functioning of the intestines and the biliary system. However, these products are dominated by carbohydrates (mainly starch), while the protein and fat content is significantly lower. Moreover, bread proteins are characterized by a significantly lower biological value than proteins from meat, fish, and dairy products. Therefore, bread and cereals should be combined in the diet with meat, fish, milk and other animal products. As you know, vegetables are an indispensable and most useful food for humans, as they have high taste properties, serve as an important source of vitamins, minerals, contain various sugars, starch, organic acids, proteins and other substances. It turns out that when buying vegetables, one should assume that they may contain nitrates and that one can get poisoned with fresh cucumbers, and melons, and watermelons, and cabbages. Nitrates - salts of nitric acid (NO₃) - are widely distributed in the environment,

mainly in soil and in water. The NO₃ ion is not absorbed by the soil, therefore, all nitrate nitrogen is in the soil in solution, easily mobile and available to plants. This is interesting: in the body of an adult, 125 g of proteins, 70 g of fats and 450 g of carbohydrates are broken down in one day.

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