

PROPER NUTRITION IS THE GUARANTEE OF HEALTH

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Abstract. Today, 50% of the factors determining human health are based on scientific research, which is proven by the diet and lifestyle. It is reflected in the information of the World Health Organization. For this, a person must be full of strength and healthy. Everyone dreams of always being healthy and living a long life, but achieving this goal depends on each person, and not everyone has the willpower to realize it. However, a person who cares a little about his health can protect the body from various unpleasant situations and prevent them from premature "aging" thanks to proper nutrition.

Key words: hygiene, organism, macro element, life span, diet, food reaction, calorie, WTO.

ПРАВИЛЬНОЕ ПИТАНИЕ – ЗАЛОГ ЗДОРОВЬЯ

Аннотация. Сегодня 50% факторов, определяющих здоровье человека, основаны на научных исследованиях, что подтверждается питанием и образом жизни. Это отражено в информации Всемирной организации здравоохранения. Для этого человек должен быть полон сил и здоров. Каждый мечтает всегда быть здоровым и прожить долгую жизнь, но достижение этой цели зависит от каждого человека, и не у всех есть сила воли для ее реализации. Однако человек, мало заботящийся о своем здоровье, может уберечь организм от различных неприятных ситуаций и предотвратить его преждевременное «старение» благодаря правильному питанию.

Ключевые слова: гигиена, организм, макроэлемент, продолжительность жизни, рацион, пищевая реакция, калорийность, WTO.

It is desirable to reduce as much as possible the consumption of canned food by the elderly. Because the transfer of products (fish, meat, milk and vegetables, fruits, etc.) to the canned state is often carried out in an acidic environment (when the pH indicator is below 7). Chronic consumption of such foods will eventually turn the blood reaction to an acidic side. This condition leads to a number of unpleasant conditions in elderly people (blood clotting, blood-shaped elements sticking to each other and difficult flow through capillary blood vessels, etc.). If you have to eat canned foods, if they are eaten with greens (green onions, chives, cilantro, etc.), the damage of the said acidic environment will be reduced.

Daily meals

It is important to have a variety of daily meals to meet the body's need for all nutrients. For example, instead of eating the same bread all the time, it is more beneficial to eat bread made from milled flour with the addition of barley, corn, millet. It is also important to use their leaves and stalks (for example, carrots, beets, etc.) when preparing and eating salads from various greens, vegetables and fruit products. Beetroot leaves contain more minerals and vitamins needed by humans compared to its stem. The daily intake of 800-900 g of fruits, vegetables and dairy products plays an important role in the rationalization of the diet of the elderly. Although the daily requirement for these products is set to 500-600 g on average, with the aging of the body, in many cases, low absorption of vitamins, minerals and other biologically active substances in the gastrointestinal tract reduces the amount of fruits, vegetables and vegetables. requires multiplication up to the specified amount. It should be said that in the summer and autumn seasons, more of the above-mentioned products are consumed (watermelon, melon, grapes, apples, etc.). But the mentioned index should be reached throughout the year. Especially in the winter and spring

seasons, due to a number of objective and subjective reasons, the amount of these products decreases sharply. In order to avoid this, it is necessary to store pumpkin, cabbage, carrots, and turnips and use them widely in daily diet.

Order is important

Eating in a hurry has a negative effect on the functioning of the digestive organs in the elderly. The point is that the food that has entered the stomach should be eaten when the desire to eat again appears. Otherwise, if there is food in the stomach or if there is no appetite to eat, the normal functioning of the digestive organs will be disturbed. Always eating at a fixed time (breakfast, lunch, dinner) creates a conditioned reflex in relation to time, and digestive juices begin to be released if food is not taken by this time. Movements and sounds (spoon, plate, bowl, noise) made to float food enhance this process and the food is perfectly digested. There is great wisdom in this regard when the great Abu Ali ibn Sina said, "The most harmful thing for the body is to eat again before the food has matured and digested in the stomach." In order to ensure the health and longevity of every old person, it is important to learn some habits and habits related to eating in youth consumption, etc.) by abstaining from foods containing milk, yogurt, cheese, fish, meat, whole-wheat bread, greens, fruits, berries, vegetables and vegetable products, vegetables should achieve enough fats and at the same time eat eggs, fish caviar, sweets, pastries made with white flour, cakes, bitter tea, and dark coffee in limited quantities . Lamb, beef, brains, fatty meat, smoked and salted fish, canned food should be consumed in extremely small quantities or not at all, high-strength alcohol should be completely avoided. Adherence to the diet (meal time, amount, fluid intake rules, etc.) is also important for the rationality of the diet of the elderly.

Proper nutrition is an important factor in longevity. Our great ancestors left a lot of valuable information in this regard. Special attention is paid to this issue in the teachings of the Sultan of Medicine, Abu Ali Ibn Sina. According to the works of the great scholar, diet is the main activity of Tansikhat. Today, the importance of the teachings of our great ancestors is increasing more and more. Lack of movement, excessive food consumption, poor nutrition are the cause of many medical and social problems. Prevention of this requires further development of medical and preventive services, improvement of scientific research, further expansion of promotion of a healthy lifestyle among the population. In our country, a strong organizational and legal mechanism for the implementation of tasks in this field has been created. The improvement of the material and technical base of the health care system serves to increase the quality of diagnostic and treatment work, to raise the medical and preventive service to a new level. Special attention is being paid to the development of the food industry, agriculture, environmental protection, and providing our people with ecologically clean, high-quality food products grown in our country. In the Uzbek family, the fact that everyone eats together around the table has risen to the level of priceless value. First of all, older people reach for the food. In this process, our young people receive spiritual and medical education related to consuming food in moderation and restraining their desires from adults. When preparing food in families, housewives pay special attention to studying the experience of intellectuals, maintaining cleanliness, cooking food in moderation, and preparing different meals every day. It is gratifying that in today's medicine, our national values in this regard are given special attention. These aspects are expressed in the twelve principles of healthy nutrition adopted by the World Health Organization. Aspects such as the diversity of food and the maintenance of standards in nutrition are widely promoted in the world. It is recommended to eat less fat and salt. As much as possible, tea should not be consumed with food. Drinking tea an hour or two after a meal is good for health. Such principles are widely promoted among the population. Special booklets are printed and distributed among the population in cooperation with

the Institute of Health and Medical Statistics under the Ministry of Health of Uzbekistan, experts of relevant research and medical universities.

What should be the percentage of fruits and vegetables in a person's daily diet?

In some families, the concept of proper nutrition is understood as eating enough high-calorie foods. This harmful habit leads to many diseases. However, fruits and vegetables are very useful for the human body. Those who pay attention to this in their diet are concerned about their health. Special attention should be paid to children's diet. Parents should set an example for their children in this regard. It is recommended to eat salads, fruits and vegetables made on the basis of tomatoes, cucumbers, red beets, greens and other blessings of nature. It is an important task to pay special attention to the issue of nutrition in pre-school educational institutions and schools, to inculcate national values and principles of modern medicine in this regard, along with proper feeding. It should be said that our heavenly country has all the conditions for proper nutrition. In our motherland, hundreds of different delicacies of nature are grown in all four seasons of the year. Even in winter, there is no shortage of fresh fruits and vegetables in our markets. Uzbek cuisine is distinguished by its richness and variety of dishes. Sumalak, somsa, moshkorda, plov, kebab, stuffed cabbage and pepper, buttermilk, soup, vegetable dips, fried fish, somsa from pumpkin, prepared with fruits food gives grace to our table. Our task is to eat them wisely based on our age, profession, seasons, and health. In the course of measures implemented in the field of healthy nutrition in our country, special attention is paid to the issue of ensuring food safety. It is necessary to strengthen the promotion of healthy lifestyle and proper nutrition among the population. For this purpose, a lot of work is being done on the training of nutritionists, improving the qualifications and skills of doctors, updating and improving educational and methodological programs and manuals in the field of dietetics based on the needs of the times. Such measures serve the noble cause of bringing reforms aimed at human interests to a new level, prolonging human life, and raising a healthy and well-rounded generation. The human body receives almost all necessary substances through food and water. The composition of food products and their properties have a direct impact on health, physical development, work ability, emotional state and, in general, the duration and quality of life. It is difficult to find another factor that can affect the human body in such a way. There are many theories about proper nutrition, and new information appears almost every day. Some of them say that it is necessary to limit meat, others say that a diet consisting of only certain products is the key to getting rid of any diseases. In fact, the human body is a very complex system, for its normal functioning it requires both meat and vegetable dishes. Therefore, it is very important to know the rules of proper nutrition. Following dubious recommendations in this regard can cause serious health problems. However, it is necessary not to forget to exclude from the diet "harmful" products that cause fat accumulation in the body and metabolic diseases, while consuming useful products. To them:

1. Chips, popcorn, crackers, salted nuts.
2. Alcoholic drinks.
3. Any semi-finished products and concentrates: dry potato puree, quick-cooking lagmon.
4. Dough pastries, especially if the sugar content is high.
5. Fast food

Eating sugar and salt is also not recommended. If it is not possible to completely reject them, then it is possible to use honey instead of sugar, and to use salt to a minimum. To calculate the amount of calories in the diet, it is necessary to know the permissible norm and daily calorie intake, as well as take into account the lifestyle: it is logical that the calorie value for those who do active sports is higher than for those who work sitting in the office. Average daily calorie consumption

for men is 2000-2400 kcal, depending on age and lifestyle, for women - 1800-2400 kcal. The balance of proteins, fats and carbohydrates should be as follows:

- Proteins — 30-40%;
- Carbohydrates — 40-50%;
- Fats — 20-25%.

There are several formulas for calculating the need for calories. For example, the WHO formula is based on the body area involved in work, and the Ketch-McArdle formula is based on the percentage of body fat.

Conclusions and suggestions:

According to experts, any habit can be formed in 21 days. The same statement applies to healthy eating. It is not difficult to form such a habit, the main thing is to set a clear goal and not go back from it. In addition to proper nutrition, it is necessary to accurately calculate the time of meals, because only timely meals fully compensate for energy consumption. For a healthy person, eating four times a day is the most reasonable. In this case, the load on the digestive system is evenly distributed, food is better digested and absorbed. When eating twice a day with an interval of 7 hours or more, the level of cholesterol in the blood increases, fat begins to accumulate in the body, and the activity of the thyroid gland decreases. In addition, it is often observed that a person eats more than the norm after a long break. In order to prevent problems that may arise in our health over time, it is necessary to follow the rules of proper nutrition. After all, proper nutrition is a guarantee of health.

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