

CORRECT NUTRITION IS DISEASE PREVENTION

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Radjabov Zakir Normurodovich

Samarkand State Medical University

Khidirov Ne'mat Chorshanbiyevich

Samarkand State Medical University

Abstract

Eating is the process of assimilation of nutrients necessary for maintaining the vital activity of the body, maintaining health and working capacity. Food should be able to ensure the harmonious development of the organism and its normal function. For this, the quantity and quality of the food should correspond to the needs of the person's occupation, age and gender. This article also talks about proper nutrition and healthy lifestyle, moreover how we can eat more vegetables which protect the body from excess bacteria and infections, as such as proteins, fats, carbohydrates, vitamins, minerals and water should be proportional to each other in the food.

Key words

proper nutrition, protein, calories, bacteria, infection, healthy lifestyle, rules, health, vegetables, fruits, carbohydrates.

The food should be able to ensure the harmonious development of the organism and its normal function. The reason why the quantity and quality of food should correspond to the necessity of a person's occupation, age and gender. The person's physiological needs depend on various conditions. Many of these change constantly. Therefore, it is practically impossible to have exactly the finished food for every occasion of life. However, a person has special regulatory (maintenance) mechanisms which separate and absorb the necessary amount of necessary nutrients from the eaten food. But the body's adaptive regulatory abilities have a certain limit, they are more limited in children and the elderly people. In addition, a number of nutrients, such as vitamins, irreplaceable amino acids, cannot be formed (synthesized) by the human body in the process of metabolism. These substances should enter the body as ready with food. Otherwise diseases will appear as a result of low-quality nutrients.

Currently, attention to the rules of proper nutrition has risen to the level of state policy. A number of decrees and decisions of the president of our country

improve the health care system and a healthy lifestyle among the population. The concept of a healthy lifestyle has a broad meaning, it is physical activity, rational diet and bad habits. For example, drug addiction, smoking, alcohol consumption includes activities such as combating. Here is a person among thousands of factors that affect the body, nutrition and especially at the right time and in moderation, when the necessary consumption of dietary food is leading importance it should be remembered that. Nutrition is medically dependent on an age, a body weight, a gender and taking into account the climatic conditions, the type and period of the disease in the organism in case, it is recommended in different order and composition to prevent the disease. Only then the person can live a long, healthy and prosperous life.

When the most people think of a rational diet which means eating tasty, nutritious and high-calorie foods mean to do. Some people do not follow the rhythm of eating (a meal in the evening before going to bed) and eat food irregularly.

In fact, the food helps the body recover from lost energy if it satisfies the craving during the eating and it contains the necessary amount of proteins, fats, carbohydrates, vitamins, micro- and macroelements, plant fibers and foods and their composition, if the amount corresponds to the activity of enzymes of the gastrointestinal system which is considered a rational diet. Based on the energy consumed and received by every person during one day, it is possible to create a food ration. We should take into consideration during the eating. Because the protein-rich foods increase the excitability of the nervous system which is better to eat them in the first half of the day, when a person moves actively. Otherwise, it leads to sleep disturbances. When the dinner is the most part of the daily diet, the breakdown of fats is not fully observed, which causes a tendency to obesity. If there is a sufficient amount of the energy in the body and its balance between the energy consumed and the energy obtained from food, after that the person will live a healthy and long life. Excess calories intake can lead to obesity, high blood pressure, and other cardiovascular problems. 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 children's body lags behind.

Eating food at a certain time of the day allows to the formation of conditioned reflexes and prepares the body for food intake preparing. The time between breakfast and lunch, lunch and dinner is 3-4 hours. Dinner should be eaten at least 3 hours before bedtime during 4 days. The meals is about 25 percent of it which is

for the first breakfast and 15 percent for the second breakfast, The 35 percent should be for lunch and 25 percent for dinner. In some cases, 5 meals is recommended - about 25 percent for the first breakfast, 15 percent for the second breakfast, 35 percent should be for lunch, 20 percent is for dinner, and 5 percent is for bedtime.

It is very important to pay attention to its composition when we eat. Because protein-rich foods increase the excitability of the nervous system, they should be consumed in the first half of the day, it is better to consume when a person is actively moving. Otherwise, sleeping leads to disrupt. When the dinner is the majority of daily meals, the breakdown of fats is not fully observed, causing a tendency to obesity. Sufficient in the body which is between the energy consumed and the energy obtained from food if the balance is maintained, a person will live in a healthy and long life. We can eat more calories after that we can lead to obesity, high blood pressure and a number of cardiovascular diseases. Low intake of calories and the human's defense-adaptation capabilities decrease and diseases occur creating the ground for the coming. In such cases, the process of growth and development in the children's body

In recent years, following a healthy lifestyle and monitoring has become very popular and a tradition. People understood that food should be not only nutritious and tasty, but also useful and harmless to the health.

The system of proper nutrition seems difficult at first glance, but in fact it is logical and understandable. There are no strict restrictions in the system - it contains products which are necessary for a person. It is necessary to consume correctly and moderately. Right eating is not a short-term diet, it's a way of life, so you can eat everything. In reality, in moderation and according to certain rules

is to consume according to practice. 1. Vegetables are the basis of the person's diet who cares about his health. You can eat them as you like, except fried. 2. Fruits and berries are also very useful, if there is no allergy, there are a lot of them can be consumed only if the amount of subcutaneous fat is not large or in cases where is no tendency to accumulate fat mass. There are many recommendations for proper nutrition. Proper nutrition is very important for human's life. Especially various fruits and vegetables are essential products for the human body, and it is a rejuvenating and protective product against various infections and bacteria. At the same time, we will mention a few recommendations for proper nutrition: 1. Don't get into the habit of going hungry all day and then suddenly being full. This leads to the accumulation excess calories, a stomach enlargement, and a lack of appetite. 2. Eating little and often. Eat 2-3 times, not in

large quantities, but 5 times a little. 3. Drink at least 2-2.5 liters of water per day. Water accelerates the process of metabolism, rejuvenates the body and provides skin tension. 4. No matter how interesting it may seem and drinking water also has its own order. If you follow this rule, you will be sure that you can lose weight by drinking water properly. The most important thing is not to drink water during meals. Drinking liquid causes choking, difficult digestion and eventually obesity during eating. You can drink water half an hour before and 40-45 minutes after meals. 5. Replace bread and pasta products made from white flour with black bread made from rye flour, and replace pasta with durum wheat. Change sugar to honey, breadcrumbs, and cream confectionery products to fruits.

Summary

True, science-based nutrition is one of the main conditions for good health, as such as high productivity and longevity. Food is an important source of energy for human activity and growth. It should be mentioned that no food is good or bad by itself. All types of food products have a certain amount of nutritional value. It is not only what we eat, but also how much, when and under what conditions we eat. It is necessary to plan meals and 60-80 percent of meals should consist of ready-made products (fruits, vegetables, grains). 1-1.5 liters of water along with nutrients are taken per day. Water and liquids are taken 20-30 minutes before meals. It is necessary to start eating with plant products first. The interval between meals should be 5-10 hours. Eating is necessary for human life activity. Proper nutrition serves to maintain health and strength.

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