



Correct Nutrition Is the Foundation of a Healthy Future

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ABSTRACT

The article provides information about rational nutrition and malnutrition, which is one of the most common problems among people, i.e. eating disorder and its consequences.

Keywords:

nutrition, proteins, carbohydrates, fast food, fish, meat, dairy products, vegetables and fruits, correction, organoleptic indicators.

Currently, the factor of healthy nutrition is one of the main components of the overall WHO strategy; according to its data, 60% of the causes of human mortality are directly related to nutrition problems. In addition, 80% of harmful environmental factors affect the human body through food and water [1-3, 14-17].

The composition of the diet is based on macro- and micronutrients and other vital components, but this does not guarantee the supply of these nutrients to the human body, and the diet is an approximate diet that may not be completely consumed and (or) absorbed by the body [4 -10]. The diet must meet the following requirements:

- the nutritional value of the products included in the diet must correspond to the energy consumption of the body during the specified period;

- Dietary food should be balanced in nutrients, taking into account the individual characteristics of a person (gender, age, drinking conditions, etc.); Dietary food must have good organoleptic properties (appearance, smell, consistency, etc.), must be varied and easily digestible;

- the quality and safety of food products included in the diet must comply with sanitary and epidemiological standards.

Rational nutrition is a diet that is physiologically complete, ensuring the preservation of human health, regular and stable functioning of the organs and systems of the body in various living and working conditions. The term “healthy diet” is often used to describe healthy people who meet scientifically based needs for rational nutrition, taking into account traditions and skills, as well

as nutrition based on foods that promote health and prevent disease [11-13, 17-21].

The organization of rational nutrition is based on the requirement of the following parameters.

- energy value of food;
- size of food;
- balance of nutrients;
- digestion;
- organoleptic properties;
- compatibility with food products.

It is also worth noting that rational nutrition is not a fixed value. On the contrary, rational nutrition is a variable value, even for one person, it changes with age, depends on the person's gender, ethnicity, physical and mental nervous activity, health status, and the influence of external factors [2-4]. For a relatively larger number of nutrients, the required optimal size in the food composition has been found and established. These indicators are calculated for people of different ages and genders, with different levels of physical activity. However, the average value of these established standards is taken and serves as an indicator when calculating the nutrition of each individual. If the above conditions change, they must be corrected.

Anyone who wants to maintain and strengthen their health should pay attention to their diet, the quality and quantity of food, the time of its consumption and the process of its digestion, and also follow the following rules:

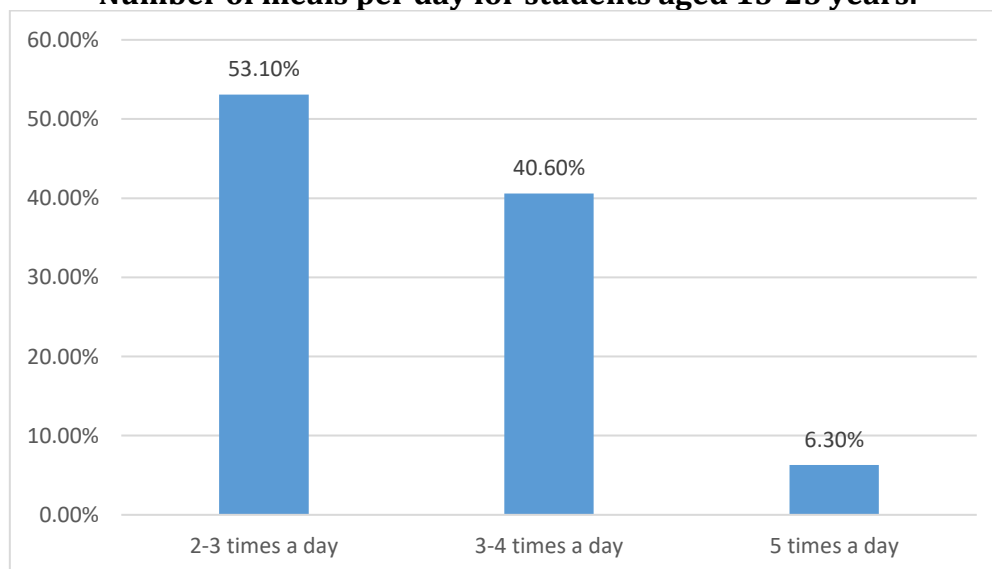
1. Eat only when you feel hungry;
2. Always eat freshly prepared food;
3. Eat in a calm state of mind and body;
4. Eat food slowly, slowly, chewing well;
5. Avoid overeating.

Materials and methods: A questionnaire was developed. 186 schoolchildren and students took part in our survey: 15-year-olds 12.5%, 16-year-olds 3.1%, 17-year-olds 3.1%, 18-year-olds 15.6%, 19-year-olds 40.6%, 20 year olds - 6.3%, 21 year olds - 9.4%, 23 year olds - 3.1%, 24 year olds - 3.1%, 25 year olds - 3.1%.

Research results: According to the survey results, 53.1% of young people eat 2-3 times a day, 40.6% of young people eat 3-4 times a day, 6.3% of young people eat 5 times a day (Fig. 1).

50% of young people always eat breakfast, 40.6% sometimes, and 9.4% of young people do not have breakfast at all. 37.5% of young people sometimes eat before going to bed at night, 34.4% do not eat before going to bed, and 28.1% of young people often eat before going to bed at night.

Picture 1.
Number of meals per day for students aged 15-25 years.



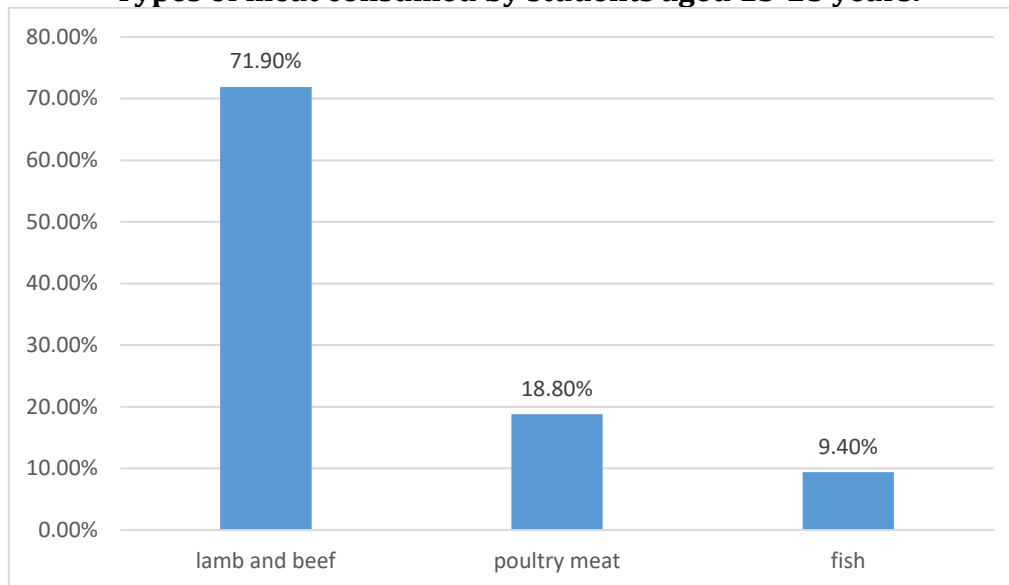
34.4% of young people noted that they eat fast food 1-2 times a week, 31.3% of young people do not eat at all, 28.1% of young people

eat 2-3 times, and 6.3% almost every day. It is found that 62.5% of young people eat it once a month, 18.8% of young people do not eat it at

all, 15.6% of young people eat it once a week and a very small number eat it 2-3 times a week. It was found that 71.9% of young people eat lamb and beef, 18.8% of young people eat

poultry products (chicken, quail, etc.), and 9.4% of young people eat fish (smoked, canned, fried) products (Fig. 2).

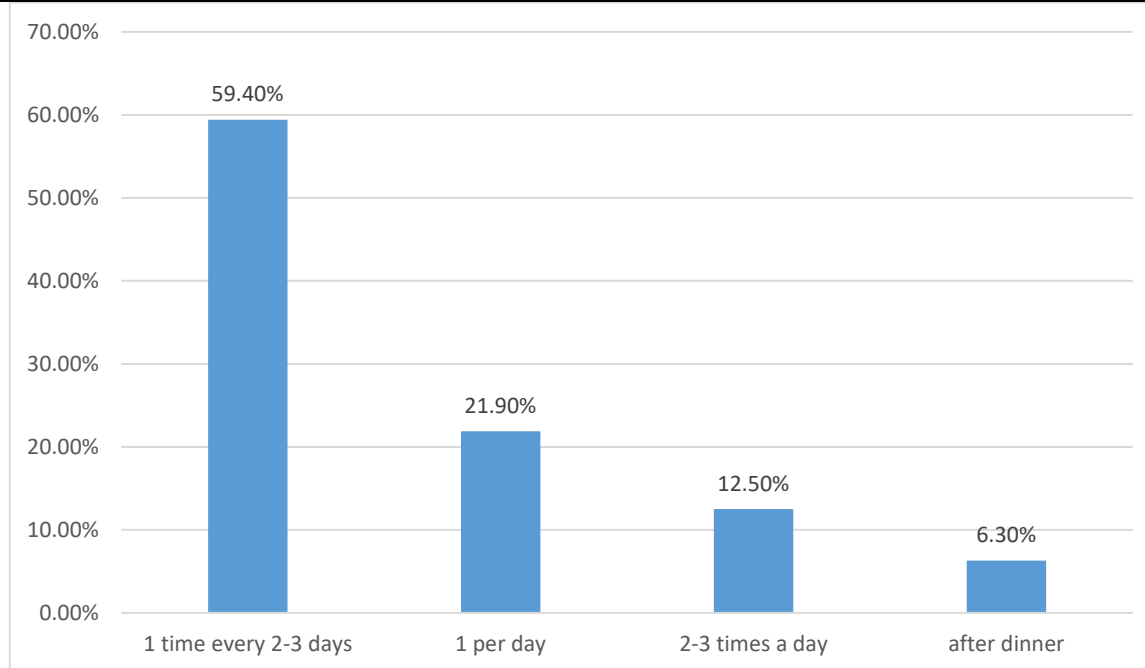
Figure 2.
Types of meat consumed by students aged 15-25 years.



59.4% of young people noted that they eat fruit once a day, 25% of young people 2 times a day, 9.4% of young people 3 times a day, and 6.3% of young people do not eat fruit at all during the day. 78.1% of young people noted that they eat legumes and vegetables every day, 15.6% of young people 1-2 times a week, and 6.3% of young people do not eat legumes and vegetables at all. While 62.5% of young people consume 5% of their daily food intake, 28.1% of young people consume 20% of their daily food

intake and a very small number of young people consume 30-50% of their daily food intake. 50% of young people consume 1-2 teaspoons of sugar with tea or coffee, 28.1% of young people consume 2-3 teaspoons of sugar, 21.9% of young people consume 1 teaspoon of sugar. 59.4% of young people eat once every 2-3 days, 21.9% of young people eat once a day, 12.5% of young people eat 2-3 times a day, and 6.3% of young people eat different sweets every day, also after dinner (Fig. 3).

Figure 3.
Frequency of consumption of sweets by students aged 15-25 years.



Sweets should be consumed in moderation. Sweets are a source of carbohydrates, which are necessary to nourish the brain. 62.5% of young people drink tea or coffee during lunch or dinner, 28.1% of young people drink water, and 9.45% of young people drink carbonated drinks during meals. 50% of young people eat proteins, 37.5% of young people eat carbohydrates, and 12.5% of young people eat fats. 50% of young people drink 1-2 times a week, 31.3% of young people do not drink at all, 18.8% of young people drink carbonated drinks once a day. When asked what food is convenient for you, 75% of young people answered - hot food, 18.8% of young people - fast food, 3.1% of young people - canned foods, 3.1% of young people - packaged foods.

Conclusions: As can be seen from the results of our surveys conducted above, 80% of young people from more than 100 students consume protein less than the norm, and carbohydrates more than the norm, 10% of young people consume fat almost 2 times less than the norm. The remaining 10% of young people eat proteins, fats and carbohydrates in moderation and follow the diet completely. It is necessary to increase the health literacy of young people about proper nutrition.

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