

FOOD PRODUCTS THAT HELP FROM RADIATION.**Abdukadirova L.K¹****Jalolov N. N²****Akbaralieva G. Sh³****Tashkent Medical Academy****<https://doi.org/10.5281/zenodo.7841034>**

Ionizing radiation sources are widely used in the national economy and medicine. In the national economy, ionizing radiation sources are widely used in metallurgy, railway transport, chemical industry, geology (exploration), agriculture, scientific research and energy (NPP). In medical practice, the most common source of ionizing radiation is used in the diagnosis and treatment of the disease[1,2].

Sources of ionizing radiation are harmful factors, which means that those who work with this factor are among those who work in harmful professions.

Proper nutrition is one of the most important factors for those who work in dangerous professions. The provision of medical and preventive products to personnel working with ionizing radiation sources must comply with the "Principles of Labor Legislation" (Labor Code – Labor Code - 10–Chapter 177-section). According to the Law of the Republic of Uzbekistan "On the fundamentals of labor laws", "It is necessary to provide milk and its equivalents free of charge in working conditions, as well as free of charge to provide therapeutic and preventive nutrition in the prescribed amount." Currently, the provision of medical and preventive services to persons working with harmful factors in the Republic of Uzbekistan is carried out on the basis of SanPiN No. 0051-96 [3,4,5].

Of course, the best way to protect against radiation is a way not to be in places where dosimeters determine an increased radiation background. Radiation is harmful, but is it possible to reduce the danger of its effects on the body? It is quite possible to do this with the help of nutrition and natural remedies, maintaining a healthy lifestyle.

In nutrition, you should focus on the use of an increased amount of vegetables and fruits containing natural vitamins, pectins, fiber, and other important nutritional biological substances. These are carrots, viburnum berries, raspberries, gooseberries, apples, bananas, black elderberry fruits, lingonberries, hawthorn, blackberries, sea buckthorn, eggplants, buckwheat, kelp, dried fruits (raisins, dried apricots, prunes), celery, plum, tomatoes. Plentiful drinking is useful[6,7,16].

It is advisable to slightly change the diet of food by adding foods rich in vitamins A, E, C, P, and group B. So, vitamin A can be replenished if you eat more fish liver, milk, egg yolk, butter, sour cream, cream, cheeses.[14,15]

The source of vitamin E can be crude vegetable oil, sunflower, corn, sea buckthorn, soy, rosehip oil. Carotenoids, which are also called precursors of group A, are found in carrots, sea buckthorn, pumpkin, rosehip, apricots, peaches, red pepper. As you can see, there is an orange-red palette of fruits and vegetables. Olive oil is also useful, it can be added to salads, drink beet juice for a quarter of a glass three times a day. Vitamin C is found in high concentrations in rose hips, currants, carrots, citrus fruits, green peas, dill, cauliflower. B vitamins can be replenished if you eat bread kvass, confectionery on yeast dough[8,9,10].

It is recommended to include condensed milk, processed and hard cheeses, beef and eggs, calcined bread in addition to the diet. When choosing vegetable products, you can pay

attention to vegetables and fruits rich in vitamins and mineral salts, such as apricots, quince, cherries, grapes, raspberries, cherries, parsley[11,19,20].

Trace elements, potassium and calcium salts are ionic competitors of radionuclides, so it is necessary to take care of their sufficient amount in the body. The trace element selenium has a special radioprotective effect. In the form of a pharmaceutical product, it is sold in pharmacies. After consulting with the attending physician, it can be taken as an additional therapeutic and prophylactic agent to increase the radioprotective capabilities of the body. The earliest symptoms of radiation exposure to the body are usually manifested by disorders of the hematopoiesis system. For their prevention, it is recommended to systematically include sources of heme iron in the diet (meat, liver, fish, shrimp), and also parsley, dill, celery, lettuce. Folic acid contained in green crops takes part in the process of hematopoiesis. Replenishment of the body's fluid is better provided by juices, vitamin drinks, bread kvass, tea. Green tea is considered a panacea for computer radiation, as it neutralizes the effect of computer radiation, thanks to the useful substances and antioxidants contained in tea leaves[12,21].

Onion and garlic contain phytoncidal substances, also helps to rid the body of the penetrated radioactive nuclides. Dietary supplements based on seaweed, such as chlorella, kelp, have a beneficial effect.

Among pharmaceutical preparations there is a group of radioprotective agents or radioprotectors, but they can be used only when there is a real threat of high doses of radiation that can cause radiation sickness. In normal cases, they should not be taken[13,17,18].

Now about the power mode. It is better to eat 4-5 times a day, so that most of the calorie content of the diet falls on the first half of the day. It is necessary to avoid excessively hot dishes that burn the mucous membrane of the mouth, esophagus, stomach. Fats are added to ready meals.

Thus, the use of therapeutic and prophylactic food products in the nutrition regime of personnel working with ionizing radiation sources will help reduce the effects of the harmful factor.

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