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ИНТЕГРАЦИЯ В МИР И СВЯЗЬ НАУК

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DÜNYAYA İNTEQRASIYA VƏ ELMLƏR ARASI ƏLAQƏ

2022

 Baku, Azerbaijan Republic

HYGIENIC ASSESSMENT OF THE QUANTITY OF BREAD IN THE DIET OF MILITARY ATHLETES

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Resume. The study hygienically assessed the amount of bread in the spring ration of 138 military athletes from various national teams of the Ministry of Defense. The share of bread and bakery products in the diet of military athletes in the spring was 20,8% or 740,0 grams, and the actual consumption of these products was 57,2% or a total capacity of $1034,1 \pm 11,4$ kcal. caused a significant difference in the balance of micro and macronutrients.

Keywords: military athletes, bakery products, strength, food standards.

The urgency of the problem. Today, one of the priorities of state policy in the Republic is the formation of criteria for maintaining the health of the population, a healthy lifestyle and a balanced diet. A number of scientific sources state that the gradual modernization of national medical education, the introduction of international educational standards and advanced information and communication technologies in this area, and the protection of public health are among the most pressing issues in the framework of large-scale reforms in the medical field.

As part of practical measures to systematically organize a healthy diet in the country, the Ministry of Defense is tasked with standardizing the rations of military athletes in various sports, the development of daily food standards in accordance with their activities. is one of the current problems.

The aim of the study: was to hygienically assess the amount of bread in the spring ration of military athletes from different national teams of the Ministry of Defense.

Materials and methods: The study used actual nutritional materials for military athletes in the spring season. The consumption of bread and bakery products in the diets of a total of 138 military athletes was studied. Actual nutrition analysis for 10 days (30 days in total) in each of the spring months. It was conducted on a 24-hour (daily) basis based on the amount of bread and bakery products consumed. The amount of bread and bakery products actually consumed was analyzed on the basis of the norms given in the diet-distributions and surveys conducted with military athletes. Surveys were conducted among members of national teams in preparation for the spring season.

Results: During the study, the total intake of food in the diet of military athletes in the spring was $4990,7 \pm 38,3$ kcal. The standard share of bread and bakery products in the diet of military athletes is 20,8% or 740,0 grams, and the actual consumption of these products is 57,2% or 423,2 grams. The total intake of bread and bakery products in the diet of athletes was $1770,7 \pm 18,3$ kcal, while the total intake of bread actually consumed was $1034,1 \pm 11,4$ kcal.

Conclusion: Given that bread and bakery products are a source of micro and macro elements such as carbohydrates, dietary fiber, B vitamins, magnesium, selenium and iron, as well as the fact that military athletes are engaged in intensive physical training in the spring, a significant positive or negative difference may adversely affect exchange processes.

While the total energy actually consumed in bread and bakery products may in some sense compensate for the energy expended during physical activity, it is advisable to balance military athletes' routines and the amount of energy expended during physical activity on their bodies by balancing the energy consumed.

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Contents

BIOLOGY

Қурбонова Мехриой Зафарбек қизи - AEGILOPS L. туркум вакилларининг дицеминасия жараёни.....3

CULTUROLOGY

С.С. Абдукаххоров, К.Н. Пулатова - Взаимодействие физической и тактической подготовки изучение зависимости.....8

С.С. Абдукаххоров, К.Н. Пулатова - Движение команды в классификации и оборонительная тактика игры центрального защитника.....13

MEDICINE

Зиядуллаева Н.С. - Особенности остеорепарации при замещении костного дефекта Биоактивным стеклом в сочетании с антибиотиком.....18

Низом Эрматов, Кууат Джолимбетов: Умумтаълим мактабларда меҳнат таълим дарсларини ташкиллаштиришга қўйиладиган гигиеник талаблар.....21

Низом Эрматов, Шохрух Хабибов, Жамшид Қутлиев: Юрак-қон томир тизими касалликлари билан хасталанган беморларнинг овқатланиш рационидаги мева-сабзавотларнинг озукавий қийматини баҳолаш.....25

Nizom J. Ermatov¹, Feruza L. Azizova², Jamshid A. Kutliev³: Hygienic assessment of the quantity of bread in the diet of military athletes.....29

Низом Эрматов, Хайрулло Мамризаев: Фарғона вилоятида аҳолининг умр кўриш давомийлиги атроф-муҳит омилларининг таъсирини гигиеник баҳолаш.....32

Низом Эрматов, Нодирбек Юсуфов: Иссиқ иқлим шароитидаги синфхоналарнинг ички муҳитини гигиеник таҳлили.....36

Ortikov Bobomurod Baymamatovich: Hygienic analysis of the anthropometric indicators of the covid-19 patients.....40

PHILOLOGY

Қамола Аскарова Саидикрамова – Сулаймон Бокмўғоний девони қўлёзма нусхаларининг матн хусусиятлари.....43

TECHNOLOGY

Сайфуллаева М.И. – Цифровизация современной системы высшего образования.....49