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**Название публикации:** «STUDY OF THE IMPACT OF POOR NUTRITION ON THE STUDENT'S BODY»

***Annotation.***

This article discusses the concept of irrational nutrition. Nutrition is one of the most important means of replenishing the plastic and energy costs of the body during physical exertion and thereby its fastest recovery. The article is devoted to the study of the peculiarities of eating behavior of university students. The object of observation was students of the Tashkent Medical Academy. The average age of the respondents was 18-23 years. The study used a combination of survey and questionnaire methods. The resulting data was converted to a percentage.

***Keywords:*** nutrition analysis, students, poor nutrition, proper nutrition.

The exact definition of an irrational diet is quite difficult to give. Poor nutrition is an imbalance between the needs of the body and the actual level of nutrient intake, which, in turn, leads to the development of food deficiency syndromes, food addiction, food poisoning or obesity. Poor nutrition includes both malnutrition, in which nutrients enter the body in insufficient quantities, and overeating, due to an excess of nutrients entering the body. In other words, poor nutrition is an unbalanced diet characterized by too low or too high levels of nutrient intake. Protecting and promoting the health of students is mainly determined by their lifestyle. The problem of nutrition is very relevant, both for all segments of the population and for all levels of education, starting with preschool and ending with post-university. It is during the training period that a person's health is formed for the rest of his life. Proper nutrition is one of the most important factors shaping the health of the population. How well a person eats depends on his physical and

mental development, the level of working capacity and life expectancy, adaptation, academic performance, as well as the body's resistance to various adverse environmental influences. Young people often do not think about the consequences of poor nutrition. After entering educational institutions, many students change their diet. In the diet of students, the volume of consumption of meat, fish and dairy products, vegetables and fruits decreases; the consumption of pasta and flour products, eggs increases, i.e. there are significant deviations from the physiological norms in caloric content and food content. For students, the problem of nutrition is particularly acute. Student time is very rich and diverse, characterized by a large overstrain of the nervous system. The load, especially during the session, increases significantly up to 15-16 hours per day. It is also characterized mainly by a sedentary lifestyle – hypodynamia. In combination with a poor diet, this has a detrimental effect on the body and its condition. One of the reasons for poor nutrition among medical students can be considered the specifics of their training. They are forced to spend a long time in the walls of an educational institution, or on evening and night shifts. But the main reasons for improper nutrition of students of medical schools can be considered:

1. Lack of time.
2. Lack of funds.
3. Inability to cook.

Poor nutrition affects not only the physical, but also the mental health of a person. For example, a lack of the vitamin niacin can cause depression. Poor nutrition can include malnutrition and overeating, which are the causes of many diseases. For example, overeating causes obesity, cholelithiasis, diabetes, and gout.

*The aim* of our study was to find out the subjective assessment of nutrition of students at the Tashkent Medical Academy (TMA). Materials and principles of the study The representative group was formed by random sampling and was continuous in nature. The object of observation was 100 TMA students, including 48 boys and 52 girls (20% live in a hostel, 40% - in a rented apartment, independently). The average age of the respondents was 18-23 years. In the course

of the study, a combination of survey and questionnaire methods was used. The results obtained were converted as a percentage.

### ***Results and discussion.***

When assessing the students' diet: only 29% of respondents take food at least 3 times a day, most (44%) have a multiplicity of at least 2 times, and 27%-one meal. The time intervals between meals vary: 3-4 hours – 25%, more than 6 hours-71%. The majority of respondents have their main meal in terms of volume and caloric content in the evening. Respondents' dinner time: 18-19 hours. Of the respondents, 10 boys and 15 girls eat breakfast in the morning, and sometimes (not in time) – 19 boys and 22 girls. For breakfast, they prefer: coffee and tea with a sandwich-35%, dairy products (yogurt) - 15%. Conditions for students to eat during the lunch break: 10% of students have lunch in the university cafeteria; 19% go to the nearest food outlets, and 15% bring lunch with them. They prefer a snack between meals: vegetables and fruits-22%, bakery products-33%, dairy products-20%, light snacks-7%. Poor nutrition increases the risk of developing many diseases. 25% of respondents have problems with the gastrointestinal tract (chronic gastritis, gastroduodenitis, biliary dyskinesia). About 10% of students are allergic to any food product. 5% of respondents find it difficult to answer the question, as they do not know their allergic status. Young men are more likely to have allergies. Next, we found out the presence of essential foods in the weekly diet. 40% of students eat fresh vegetables every day. The most common vegetables were cucumbers, tomatoes, potatoes and cabbage. Among fruits, apples, bananas and citrus fruits took the leading positions (every day-30%, 2-3 times a week-45%, rarely-25%). When analyzing the frequency of consumption of dairy products: 20% do not include this group of products in the diet at all, 15% very rarely, 35% of respondents 3-4 times a week, and 30% daily. Among these dairy products, the most popular are milk (45% of students), kefir, cottage cheese and cheese. According to the results of the survey, it was revealed that 8% of students in the weekly diet completely lack animal meat. Only 35% of respondents consume

meat products daily. At the same time, chicken (40%), pork (30%) and beef (25%) were popular in the first three places. 5% of respondents eat mutton. More than half of all respondents consume chicken meat 3-4 times a week. Students eat fish and seafood, only 25% of respondents indicated the presence of this group of products in their weekly diet. 18% do not eat fish, and most of them do, but "extremely rarely" – 57%. As a side dish used: different types of cereals-30%, mainly potatoes-10%, pasta - 48%. In the diet of students, flour products in various forms (cookies, pies, buns, muffins, cakes, etc.) are quite often found. 35% noted the daily presence of this group of products, 53% - flour products occur 3-4 times a week. 12% of respondents completely exclude flour products from their diet. Bread is preferred: rye or bran-30%, wheat-28%, gray bread-10%, do not use – 32%. 35% of people follow the drinking regime. The predominance of bread products, potatoes, and sugar in the diet indicates the carbohydrate orientation of the diets of young people. Given the rhythm of life of a modern student, very often, instead of a full-fledged diet, you have to resort to eating food from the "fast food" category. Some students (38%) indicated that they eat "fast food" daily, 27% 1-2 times a week, and rarely 15%. The rest completely exclude "fast food" from the diet. 55% of students have a varied diet during the week. 12% of respondents observe the daily caloric content of food products. Give preference to lean, boiled or steamed food-25%, fried and fatty foods-47%, pickled, smoked-28%. Analysis of anthropometric data showed that among the surveyed students mostly dominated by people with normal body weight (girls – 76.9%, boys-75%). Overweight was more often detected in boys (16.7%) than in girls (9.6%). Girls in 13.5% of cases were found to be deficient in body weight, and boys in 8.3%, their body weight and BMI were significantly lower compared to age and gender standards. The qualitative characteristics of diets allow us to speak about the deficit of protein food consumption in a significant part of students. Students (55%) are interested in and receive information about a rational, balanced diet. Such a change in the structure and quality of nutrition is the main cause of general fatigue, poor

performance and various diseases, including diseases of the digestive system, endocrine and others.

### ***Conclusion:***

These research results allow us to draw conclusions: the majority of students have eating disorders; many students do not have breakfast, do not have lunch, the intervals between meals are different; while it is known that regular food intake contributes to improving performance, preventing morbidity, and increasing physical activity of students. Many respondents have large meals in the evening, before going to bed, which also characterizes irrational nutrition. Thus, an important element of the organization of rational nutrition of students is the variety and correct distribution of the volume of daily food intake between its individual meals, regular. For students, three meals a day are recommended, in which the daily caloric content is distributed as follows: breakfast-30%, lunch-45%, dinner-25% of the daily diet. With four meals a day, the distribution of the daily caloric content of the diet is as follows: breakfast-25%, second breakfast-15%, lunch-35%, and dinner – 25%. Conclusions. The main nutrients of students' diets are not balanced in terms of protein, fat and carbohydrates (lack of dietary fiber). Therefore, students should pay attention to the qualitative composition of their diet, as well as the diet regime, with an increase in the frequency of meals up to at least 3 times a day

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