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**SANITARY AND HYGIENIC ASSESSMENT OF RATIONAL NUTRITION
OF PREGNANT WOMEN OF THE REPUBLIC OF KARAKALPAKSTAN.
(On the example of Nukus)**

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Keywords: Pregnancy, environmental problems, gestation, toxicosis, nutrition

Annotation: During pregnancy, many women experience serious health problems or exacerbate existing diseases (according to statistics, this is often pyelonephritis, liver and biliary tract diseases, gastrointestinal tract diseases), so these women spend most of their time in the hospital.

Significant deterioration in the health of pregnant women, nutrition of pregnant and lactating mothers, environmental problems - such as a negative impact on the balance of macro- and micronutrients (including iron) in the body of a rapidly growing child. Deficiency of iron in the body of a pregnant woman can lead to various complications, including: the appearance of late toxicosis, premature onset of labor before the end of the month, bleeding during childbirth, low birth weight, childbirth increases the risk of increased maternal mortality before and after pregnancy. In recent years, 80 percent of pregnant women have had only 20 percent of their babies born healthy due to co-morbidities. In the Republic of Karakalpakstan, environmental factors, including low per capita income, unsatisfactory working and living conditions, and consumption of alcohol and carbonated beverages, have a negative impact on the health of the younger generation. The purpose of the study. Hygienic description of nutrition of pregnant women with anemia.

Object and materials of the research: A survey of pregnant women who applied to the women's clinic №6 in Nukus. The results obtained. In Nukus, Republic of Karakalpakstan, the number of pregnant women of childbearing age (18-40 years)

is currently 63,745. The number of pregnant women will be 6,131 in 2020 and 6,988 in 2021. A survey in Nukus found that only 8 out of 100 pregnant women with normal levels of protein, fat and carbohydrates in their diets covered their daily diet with carbohydrates. Up to 25% of pregnant women were found to eat up to 1,500 kcal per day, and more than 70% - up to 2,500 kcal. Studies have shown that the current diet of most pregnant women is characterized by severe gestation (pregnancy toxicosis). In the second and third trimesters of pregnancy, there are positive changes in diet. The survey found that 88% of pregnant women ate 4 meals a day in the last trimester and the interval between meals was reduced. During the first trimester of pregnancy, fish and seafood were found to be very rare in the diet due to toxicosis (average daily intake was up to 37 grams). The majority of pregnant women surveyed (71%) were unable to eat fish or seafood due to nausea and vomiting. However, pregnant women were found to consume more sausages, smoked, and canned meat products (an average of 80 grams per day). Pregnant women consumed very little milk and dairy products (especially cottage cheese), and 1/3 of those surveyed consumed enough dairy products every day.

However, the organization of nutrition for pregnant and lactating women in the hospital does not take into account the adequacy of the energy value of food to the body's energy consumption. The main challenge is the combination of a general physiological and purely individual approach to the diet of pregnant and lactating women. When analyzing the results of the work of other authors on similar topics. Most hygienic studies provide pregnant women with vitamins, iron, we found that it was devoted to a separate study of the consumption of essential nutrients. nutrition, often considering only one factor (e.g., seasonality factor). However, in our opinion, insufficient attention has been paid to a comprehensive assessment of the nutritional status of pregnant women based on a number of factors (socioeconomic factors, lifestyle, gestational age, seasonality). This was a priority of our research. A number of studies on the actual nutrition of pregnant women in different parts of the country show that iron, calcium, zinc, chromium deficiency are the most common occurs.

Almost 100% of those tested had folic acid deficiency, which was not congenital can lead to abnormalities in the development of the heart and blood vessels in the child. In recent years, the health of pregnant women and newborns has deteriorated trends are observed - about 80% of pregnant women have health problems, only 20 percent of babies are born healthy. An important negative situation in the Republic of Karakalpakstan is environmental factors, which are due to many factors (low per capita income, unsatisfactory working and living conditions, alcohol consumption, etc.). In addition, in the study of the nutritional status of pregnant women, refined products and products created by civilization (artificially synthesized products and others) due to the wide application of the lifestyle and nutritional nature of the subjects changes must be taken into account. Our research shows that most pregnant women current diet with non-compliance with the diet at different periods of gestation described. However, as the gestation period progresses, there will be a positive change in their diet. This means that, according to the survey, 88% of pregnant women eat 4 meals a day in the first trimester, the interval between meals is reduced, and the food load is evenly distributed throughout the day. When assessing the status of food consumption for a month separately found that fish and seafood are very rare in the diet of pregnant women (on average daily dose up to 37 grams). The majority of pregnant women surveyed (71%) because of the toxicosis in them - the fish and the food made from it made them sick, they said they could not eat such food. But sausages, smoked by pregnant women, Consume more canned meat (80 grams per day on average) detected.

The information search we conducted showed that the materials available at the present stage do not allow to scientifically substantiate the set and system of measures to improve the nutrition of pregnant women at home, as well as to make recommendations on rational nutrition. established in hospitals and maternity hospitals in the region.

In short, when giving birth to a healthy child in pregnant women with iron deficiency anemia, it is important to take into account the quality of the diet and its richness in protein and vitamins.

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