

**CORRECT NUTRITION IS DISEASE PREVENTION****Uralov Ulug'bek Baxriyevich***SamDTU teacher***Raximov Tursun Halim o'g'li****Daurov Doston Asatillo o'g'li****To'ychiyev Nodir Xudayberdi o'g'li***SamDTU students*

Annotatsiya: *Eating is the process of assimilation of nutrition necessary for the maintenance of life, health and work of the organism. It should be able to ensure the harmonious and clear development of the organism and its normal functioning. For this, the quantity and quality of the food ration should be agreed, as well as the food adapted to the person's occupation, age, gender. It also includes proper food standards, healthy lifestyle, protection from bacteria and diseases, substances in food, fats, carbohydrates, food in soil, mineral nutrition and water. - it is said that there should be a proportional treatment.*

Food should be able to ensure the harmonious development of the organism and its normal functioning. For this, the quantity and quality of food should correspond to the needs of a person's occupation, age, gender. Physiological needs of the body depend on various conditions. Many of these are constantly changing. Therefore, it is practically impossible to have exactly the right food for every occasion of life. However, a person has special regulatory (maintenance) mechanisms that separate and absorb the necessary amount of necessary nutrients from the food eaten. But the body's adaptive regulatory abilities have a certain limit; they are more limited in children and the elderly. In addition, a number of nutrients, such as vitamins, irreplaceable amino acids, cannot be formed (synthesized) by the human body in the process of metabolism. These substances must enter the body ready with food, otherwise diseases will appear as a result of poor quality. Key words: proper nutrition, protein, calories, bacteria, infection, healthy lifestyle, rules, health, vegetables, fruits, carbohydrates.

Currently, attention to the rules of proper nutrition has risen to the level of state policy. A number of decrees and decisions of the head of our state improve the health care system.

and to promote a healthy lifestyle among the population, including rational nutrition directed.

The concept of a healthy lifestyle has a broad meaning, it is physical activity, rational

diet, bad habits, i.e. drug addiction, smoking, alcohol consumption



includes activities such as combating Here is a personamong thousands of factors that affect the body, nutrition, especially at the right time and

in moderation, and when necessary, consumption of dietary food is of leading importance

it should be remembered that Nutrition is medically dependent on age, body weight, gender,

taking into account the climatic conditions, the type and period of disease in the organism

in case, it is recommended in different order and composition to prevent the disease. Only then

a person can live a long, healthy and prosperous life.

When most people think of a rational diet, they mean eating tasty, nutritious, high-calorie foods

means to do. Some people do not follow the rhythm of eating, irregularly (at a meal

or in the evening before going to bed) eats food.In fact, the food you eat helps the body recover from lost energy if it satisfies the craving, it contains the necessary amount of proteins, fats, carbohydrates, vitamins,micro- and macroelements, plant fibers and foods and their composition,

if the amount corresponds to the activity of enzymes of the gastrointestinal system, it is considered a rational diet is called Based on the energy consumed and received by each person during one night, it is possible to create a food ration. It is very important to pay attention to its composition when eating.

Because protein-rich foods increase the excitability of the nervous system, it is better to eat them in the first half of the day, when a person is actively moving. Otherwise, it leads to sleep disturbances. When dinner is the most part of the daily diet, the breakdown of fats is not fully observed, which causes a tendency to obesity. If there is a sufficient amount of energy in the body, i.e., a balance between the energy consumed and the energy obtained from food, a person will live a healthy and long life. Excess calories intake can lead to obesity, high blood pressure, and other cardiovascular problems. causes vascular diseases. The intake of calories less than the norm creates a basis for the reduction of the body's defense and adaptation capabilities and the emergence of diseases. In such cases, the process of growth and development in the child's body lags behind.

proteins, fats, carbohydrates, vitamins, minerals and water in food should be in proportion to each other. Eating food at a certain time of the day allows for the formation of conditioned reflexes and prepares the body for food intake.

prepares The time between breakfast and lunch, lunch and dinner is 3-4 hours

dinner should be eaten at least 3 hours before bedtime. 4 during the day

meals - about 25 percent of it for the first breakfast, 15 percent for the second breakfast,



35% should be for lunch and 25% for dinner. In some cases, 5 meals is recommended - about 25 percent for the first breakfast, 15 percent for the second breakfast, 35

10% should be for lunch, 20% for dinner, 5% for bedtime. It is very important to pay attention to its composition when eating. Because protein-rich foods increase the excitability of the nervous system, they should be consumed in the first half of the day, that is, it is better to consume it when a person is actively moving. Otherwise, sleep leads to disruption. When dinner is the majority of daily meals, the breakdown of fats is not fully observed, causing a tendency to obesity. Sufficient in the body, that is, between the energy consumed and the energy obtained from food if the balance is maintained, a person will live a healthy and long life.

Eating more calories than you need can lead to obesity, high blood pressure, etc leads to a number of cardiovascular diseases. Low intake of calories and the body's defense-adaptation capabilities decrease and diseases occur

creates the ground for the coming. In such cases, the process of growth and development in the child's body

In recent years, following a healthy lifestyle and monitoring one's diet has become very popular and a tradition. People understood that food should be not only nutritious and tasty, but also useful and harmless to health.

The system of proper nutrition seems difficult at first glance, but in fact it is logical and

is understandable. There are no strict restrictions in the system - it contains products that are necessary for a person it is necessary to consume correctly and moderately.

Eating right is not a short-term diet, it's a way of life, so you can eat everything.

In reality, in moderation and according to certain rules

is to consume according to practice. 1. Vegetables are the basis of the diet of a person who cares about his health. You can eat them as you like, except fried.

2. Fruits and berries are also very useful, if there is no allergy, there are a lot of them

can be consumed only if the amount of subcutaneous fat is not large or

in cases where there is no tendency to accumulate fat mass. There are many

recommendations for proper nutrition. Proper nutrition is very important for human life. Especially various fruits and vegetables are essential products for the human body, and it is a rejuvenating and protective product against various infections and bacteria.

At the same time, we will mention a few recommendations for proper nutrition: 1. Don't get into the habit of going hungry all day and then suddenly being full. This leads to the accumulation of excess calories, stomach enlargement, and lack of appetite. 2. Eating little and often. Eat 2-3 times, not in large quantities, but 5 times a little. 3. Drink at least 2-2.5 liters of water per day. Water accelerates the process of metabolism, rejuvenates the body and provides skin tension. 4. No matter how interesting it may



seem, drinking water also has its own order. If you follow this rule, you will be sure that you can lose weight by drinking water properly. The most important thing is not to drink water during meals. Drinking liquid during meals causes choking, difficult digestion and eventually obesity. You can drink water half an hour before and 40-45 minutes after meals. 5. Replace bread and pasta products made from white flour with black bread made from rye flour, and replace pasta with durum wheat. Change sugar to honey, breadcrumbs, and cream confectionery products to fruits.

Summary

True, science-based nutrition is one of the main conditions for good health, high productivity and longevity. Food is an important source of energy for human activity and growth. It should be mentioned that no food is good or bad by itself. All types of food products have a certain amount of nutritional value. It is not only what we eat, but also how much, when and under what conditions we eat. It is necessary to plan meals. 60-80% of meals should consist of ready-made products (fruits, vegetables, grains). 1-1.5 liters of water along with nutrients are taken per day. Water and liquids are taken 20-30 minutes before meals. It is necessary to start eating with plant products first. The interval between meals should be 5-10 hours. Eating is necessary for human life activity. Proper nutrition serves to maintain and strengthen health.

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