

CORRECT ORGANIZATION OF THE DIET

Atabayeva D. T.

Chirchik State Pedagogical University
Senior Teacher of the Biology Department
atabayeva1982@mail.ru

Jaloliddinova Z. U.

Chirchik State Pedagogical University
Student of Group 22/1, Biology Department

Abstract

This article is devoted to the proper organization of the daily diet, compliance with the rules of healthy eating and daily routine, thanks to which we will get an idea of the negative consequences caused by improper nutrition.

Keywords: nutrition, rational nutrition, healthy lifestyle, protein, fat, carbohydrate metabolism, amino acids, glycogen.

OVQATLANISH RATSIONINI TO‘G‘RI TASHKIL ETISH

Atabayeva D.T.

Chirchiq davlat pedagogika universiteti
Biologiya kefedras katta o‘qituvchisi
atabayeva1982@mail.ru

Jaloliddinova Z.U.

Chirchiq davlat pedagogika universiteti
Biologiya yo‘nalishi 22/1-guruh talabasi

ANNOTATSIYA

Ushbu maqola har kunlik ovqatlanish ratsionini to‘g‘ri tashkil etish, sog‘lom ovqatlanish qoidalari va kun tartibiga rioya qilish haqida bo‘lib, bu orqali noto‘g‘ri ovqatlanish oqibatida yuzaga keluvchi salbiy oqibatlar haqida tushunchaga ega bo‘lamiz.

Kalit so‘zlar: ovqatlanish, ratsional ovqatlanish, sog‘lom turmush tarzi, oqsil, yog‘, uglevodlar almashinuvi, aminokislotalar, glikogen.

АННОТАЦИЯ

Эта статья посвящена правильной организации ежедневного рациона питания, соблюдению правил здорового питания и распорядка дня, благодаря которым мы получим представление о негативных последствиях, вызванных неправильным питанием.



Ключевые слова: питание, рациональное питание, здоровый образ жизни, белковый, жировой, углеводный обмен, аминокислоты, гликоген.

Introduction

Today, public health care and protection from various diseases is one of the urgent issues. In the healthy growth and development of people, it appears by introducing and following a healthy lifestyle in society.

A healthy lifestyle is a social phenomenon that ensures the achievement of a high level of health, based on the acquisition of skills that serve to ensure the safety of a person's life and health [1,2].

Eating is the process of assimilation of nutrients necessary for maintaining the vital activity of the body, maintaining health and working capacity. If a person eats properly with a diet, he is less prone to diseases and easily overcomes them. Proper nutrition is also important in preventing premature aging. In the process of eating, the body takes essential nutrients (protein, fat, carbohydrates, vitamins, mineral salts) for life. And in the process of assimilation, these satisfy the body's need for energy. The amount of energy released when a certain food product is absorbed by the body is the calorie of this product. The need for different nutrients and energy varies according to a person's age, gender, and type of work.

A large number of biologically active substances in food that perform important physiological functions are:

Protein is a polymer substance consisting of a chain of amino acids, which is the basis of life. Proteins in the human body perform plastic, energetic, catalytic, regulatory, protective, and moving functions. The body's need for proteins is mainly met by meat, fish, eggs, milk, legumes - beans, mash. 60% of the protein in the human diet should be provided by animal proteins. The actual level of protein needs of a person consuming 2800 kcal should be provided as follows: In daily consumption:

- 500 g of milk and liquid dairy products;
- more than 200 g of meat and meat products [3].



2-Pic. Oil-Rich products



1-Pic. Protein-rich products

Fats are the most important source of energy in the body. When 1 g of fat is broken down, 9.3 kcal of energy is released. Fats enter the body with food or are formed from proteins and carbohydrates due to internal biochemical processes. It should be emphasized that animal fats are rich in saturated fatty acids, which cause atherosclerosis and its complications in the body. Therefore, it is recommended to limit the consumption of animal fats, especially after the age of 35-40, to switch to the consumption of mainly vegetable fats.

Vegetable oils do not contain cholesterol, so they are easily digested. Animal fats contain a high level of cholesterol. At present, the consumption of marine fish, along with animal and vegetable oils, can be considered a self-justifying step in terms of evolution. However, we should not overlook the possibility of an increased prooxidant burden on the body due to the following two factors: the degree of unsaturation is very high (five or six double bonds), so the oxidation capacity is higher. the amount of PTYoK will be relatively more; in fish oil asosiy antioksidant -E vitamini bo'lmaydi.

Carbohydrates are organic substances widely distributed in nature and make up 70-80% of the dry weight of the plant body and about 2% of the human and animal body. Carbohydrates perform very important functions in the human body, even if they are very small.

In the energy function, carbohydrates are the main energy substance for the human body, because approximately 60% of the energy required for the normal development of the body is generated from the breakdown of carbohydrates in the body. Glucose is the main source of



3-carbohydrate-rich products

energy for brain activity.[4]

The need for carbohydrates is covered by black bread, beans, peas, pasta, cereals, potatoes, carrots, red beets, dates, grapes, pomegranates, apricots. 400-500 grams of carbohydrates per day should be consumed in the diet.

CONCLUSIONS AND RECOMMENDATIONS

In order for us to follow a healthy diet and lifestyle, it is important that we follow these golden principles every day:

- ☐ it is necessary to eat various vegetables and fruits several times a day, it is better to eat freshly picked local vegetables and fruits;
- ☐ to maintain a normal body weight, it is necessary to do physical exercises every day;
- ☐ it is necessary to control the consumption of fats;
- ☐ fatty meat and products made from it should be replaced with protein-rich foods;
- ☐ consume less salt and do not drink tea during meals;
- ☐ It is necessary to ensure its safety in the process of food preparation [5].

Non-observance of these rules causes various diseases in people, in particular, obesity, cardiovascular diseases, kidney and liver diseases, and diabetes.

REFERENCES

1. Atabayeva D.T. "Bo'lajak boshlang'ich sinf o'qituvchilarining o'quvchilarda kun tartibini shakllantirish kasbiy kompetentligini rivojlantirish metodikasini takomillashtirish". Uslubiy qo'llanma. T.: "Fan va texnologiyalar nashriyot-manbaa uyi".- 2022. 136 b.
2. Azamatov R. Sog'lom turmush tarzi asoslari. T.: Книга nashriyoti. 2009.
3. Shayxova G. "Ovqatlanish gigiyenasi", - "Tafakkur bo'stoni". T.: 2012.



4. Davlyatovna, A. N. (2016). A comprehensive assessment of the treatment effectiveness of bronchial asthma in children with metabolic syndrome. *European science review*, (1-2), 22-24.
5. Shamsiev, F. M., Azizova, N. D., Mahpieva, G. K., Arzibekov, A. G., Amanov, K. K., & Turakulova, K. E. (2021). Features of blood lipid spectrum in children with obesity as a risk factor of metabolic syndrome. *Journal of Natural Remedies*, 21(1), 228-232.
6. Dolimov X.X. “Uglevodlarning umumiy xarakteristikasi va biologik ahamiyati” - *Международный научный журнал «Новости образования: исследование в XXI веке»*. № 10(100), часть 1 мая. 2023.
7. Alijanovna, K. D., & Avazovna, K. N. (2022). Development of pedagogical factors based on development strategy. *Berlin Studies Transnational Journal of Science and Humanities*, 2(1.5 Pedagogical sciences).

