

## Principles of Rational Food

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**Abstract:** The draft Health Code of the Republic of Uzbekistan was developed by the Ministry of Health.

The draft code also includes a section on key terms and concepts in the field of health. The health care system and the organization of medical care are covered in detail.

The Code stipulates the regulation of medical and pharmaceutical activities, the determination of the type and volume of services provided. The rights and obligations of the parties to legal relations in the field of health care, as well as the legal regulation of certain types of medical and pharmaceutical activities, are defined..

**Keywords:** Healthy eating, body growth, normal development, living, health promotion.

State regulation, management of the field, control and monitoring in medical institutions, as well as the procedure for interdepartmental cooperation in the health sector are presented. The code also contains sections on the financing mechanisms of the health care system. In addition, the organization of sanitary-epidemiological control was considered in detail.

Special attention is paid to the regulation of educational and scientific activities in the field of health.

Healthy nutrition is a factor that increases the body's growth, normal development and life, strengthens health, and increases the ability to fight against diseases. That is, reasonable nutrition is one of the main principles of a healthy lifestyle. Healthy lifestyle is a broad concept, which means physical activity, avoidance of harmful habits (drugs, smoking, alcohol consumption) and rational nutrition.

Eating is one of the important factors determining the health of the population.

Proper nutrition ensures the normal growth and development of children, and in middle-aged and elderly people, it helps prevent diseases, prolong life, increase work ability, and creates conditions for their adaptation to the environment.

By "rational nutrition" most people mean tasty, nutritious, environmentally friendly food. This is a big mistake. Such nutrients can cause many chronic diseases (obesity, diabetes, diseases of the cardiovascular and gastrointestinal system, increased arterial pressure, stroke) and decrease work performance. As a result of some people's overeating of their favorite foods, the balance between proteins, carbohydrates, and fats is disturbed, and as a result, they lack many biologically complete vitamins, macro and micro elements, and insufficient use of vegetables, fruits, and dairy products.

Food is the source (fuel) that keeps our body in moderation. So, we need to use this resource in a medically literate and scientifically based manner. This is especially important for young people.

Eating pattern - eating must have a certain duration, a certain number and an interval.

Eat breakfast, lunch, second lunch, dinner on time. The correct diet includes the daily intake of nutrients and the production of daily energy expenditure according to the person's age, gender, body weight, type of training, and individual health status.

In healthy eating, it is necessary to follow the following conditions: Eat a variety of foods.

Eat a variety of different and colorful fruits and vegetables several times a day. It is better to eat freshly cut local vegetables and fruits (at least 400 grams per day)

Bread (250-300 gr.), coarse flour (black or 2nd grade) flour products (50 gr.), cereals (50-80 gr.) and potatoes (150-200 gr.) should be consumed daily. Control the consumption of fat It is necessary to replace animal fats with vegetable oils (20-25 gr.).

Replace fatty meat and products made from it with legumes, fish, chicken (100 gr.) or lean meat (100 gr.).

Eat low-fat milk (200 ml), yogurt or kefir (200 ml), low-fat and low-salt dairy products, cottage cheese, yogurt and cheese (60-80 g).

Eat less salt. The total amount of table salt in the daily diet is one teaspoon, that is, 5 grams. should not exceed Use only iodized table salt in your household.

Do not drink tea while eating. Instead of tea, you can drink natural juices of vegetables and fruits or plain boiled or still mineral water. Drink the tea between meals.

Try to exclusively breastfeed babies for the first six months of their lives. After six months of age, it is necessary to gradually introduce additional foods without weaning the baby.

It is necessary to know the ways of correct preparation of food (steaming, boiling, steaming), and to observe cleanliness while cooking. It is also necessary to separate raw food from ready-made food. It is necessary to cook food thoroughly, to keep food products and fresh products at a safe temperature. Buying food with a shelf life is important in disease prevention.

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It should be remembered that the concept of a healthy lifestyle has a broad meaning, it includes activities such as physical activity, harmful habits, i.e. drug addiction, tobacco (bad) smoking, the fight against alcohol consumption, and the wide promotion of rational nutrition among the population. Among them, it is especially important to eat at the right time and in moderation, and when necessary, to eat nutritious food.

From a medical point of view, eating is recommended in different order and composition to prevent the disease, depending on the age, body structure, climate, and the type and period of the disease.

However, many people mean eating tasty, nutritious, high-calorie foods when they say "rational nutrition". However, observations conducted in the world's leading scientific centers show that excessive consumption of high-quality flour products and foods made of animal fat, as well as sweets, leads to the appearance of diseases of the heart and blood vessels and a number of other organs.

Because these foods are one of the main causes of weight gain - obesity, increased blood cholesterol, high blood pressure, myocardial infarction, cerebral hemorrhage, and diabetes.

These diseases cause a decrease in labor activity, deterioration of the quality of life, and cases of premature death. Excessive consumption of fatty and high-carbohydrate foods leads to an imbalance between proteins, carbohydrates, and fats.

On the contrary, lack of vitamins, macro and microelements occurs as a result of insufficient consumption of vegetables and fruits, dairy products. This is confirmed by the fact that the father of medicine, Hippocrates, who lived in the four hundred years before Christ, said: "Let the food you eat serve as medicine, and let your medicine consist of food."

### **Principles of nutritional nutrition**

It is important for everyone to follow a healthy lifestyle in order to live physically and mentally strong and active. If it is fully followed, according to the scientists of the international organization dealing with human aging, there is a chance to live 100-120 years.

The word "rational" is derived from the Latin language, and the expression "rational" means a meal that has achieved a daily result, "rational" means action to a goal, and food with intelligence is action. At the same time, a balanced concept of food production was developed on the basis of rational food production. It needs essential nutrients, fats, carbohydrates, vitamins, substances and water protection.

The main essence of such an approach is that the energy consumed by each person corresponds to the energy coming into the body, the relative proportions of the substances in the food, and the distribution of meals in a certain number and interval. This concept is distinguished by the following three rules: Calculation of the energy received and spent by the body and to know how much power this or that food component has.

Eating food at a certain time of the day allows for the formation of conditioned reflexes and, in turn, prepares the body to receive food. The time between breakfast and lunch, lunch and dinner should be 5-6 hours, so if you have a desire to eat before sleep, you should eat at least 1.5-2 hours before.

Eating 4 times a day - approximately 25% of it should be the first breakfast, 15% the second breakfast, 35% the lunch, 25% the dinner.

It is very important to pay attention to its approximate portion when eating. Since 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 avoids sleep or prevents deep sleep from occurring. When dinner makes up the majority of the daily diet, the oxidation of fats is not fully monitored and causes a tendency to obesity.

At this point, the growing number of overweight people among the population is a worrying situation. This is observed not only in our republic, but also among the population of the whole world. According to information from various sources, this process is recorded in 25 percent of the world's population, and in 50-60 percent after the age of 40. Obesity has become more and more common among teenagers in recent years. 35 percent of young people in the United States and more than 20 percent in Europe are overweight.

According to scientific studies, the number of obese people may double by 2025 if appropriate measures are not taken. Therefore, everyone should strive to be physically active as much as possible and eat rationally.

The negative effects of obesity on health have long been known. Hippocrates, the father of medicine, said that "sudden death is more common in fat people than in thin people" in the four hundred years BC. Obesity affects not only the quality of people's life and its duration, but also causes various serious diseases.

Obese people are 2-4 times more likely to have high blood pressure, fatty deposits in the veins, and ischemic heart disease. The second type of diabetes, which is more common in people over 40 years old, develops in 85-90 percent of cases in overweight people.

The risk of developing diabetes increases 3 times in mild obesity, 5 times in moderate obesity, and 10 times in extreme obesity. In other words, overweight people are more likely to develop type 2 diabetes. In addition, obesity is one of the main causes of joint, liver, mood changes, varicose veins and other diseases.

As can be seen from the above, the quality, type, and quantity of the consumed food, eating at the right time and in a certain measure, is one of the important factors for a person to live a full life. Therefore, it has a significant impact on human ability to work, quality and duration of life.

At this point, a cultured person means not only his manners, knowledge, overall positive features, including the culture we mentioned above and called rational nutrition. This culture should be regularly inculcated in our children and young people along with educating them in manners and morals from a young age. For this, first of all, we should be an example to them.

In the territory of our Republic of Serguyosh, all agricultural products necessary for human health are grown, that is, sweet-sugar fruits, citrus fruits rich in vitamins, greens and other plants. They decorate the table of our hospitable people in all four seasons of the year.

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