

## The Role of Proper Diet in a Healthy Lifestyle

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**Abstract:** As the main direction of our state policy, a lot of attention is being paid to the measures of wide promotion of a healthy lifestyle and rational nutrition, which is one of its foundations. Because the quality, type, quantity of food consumed, eating at the right time and in a certain standard, is one of the important factors affecting human life. According to the Decision No. PQ-4063 of the President of the Republic of Uzbekistan dated December 18, 2018 "On measures to support the prevention of non-communicable diseases, healthy lifestyle and increase the level of physical activity of the population", it is planned to implement comprehensive measures to protect the health of the population of our country caught.

**Key words:** healthy eating, diet, meal plan coordination

### INTRODUCTION

It should not be forgotten 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 (unlawful) smoking, fight against alcohol consumption and wide promotion of rational nutrition among the population.

Everyone should strive to be physically active as much as possible and eat rationally. In order for a person to live a full life, it is important that he eats on time, in moderation, according to his profession and age. Because food is the source (fuel) that keeps our body in moderation. Proper nutrition is one of the foundations of disease prevention.

It is important for everyone to follow a healthy lifestyle in order to live physically and mentally strong and active. According to scientists, if it is fully followed, it is possible to live for 100-120 years. Some experts say that even 180 years is not the limit of life expectancy.

Among the thousands of factors that affect the human body, it should be remembered that nutrition, especially on time and in moderation, and when necessary, eating nutritious food is of leading importance. 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. Only then can a person live a long, healthy and prosperous life.

The body needs more than 600 nutrients to function normally. About 90% of them have a healing effect, a very small part is created in the body itself, and most of them enter the human body with food. This can be achieved only through rational nutrition. However, many people mean eating tasty, nutritious, high-calorie foods when they say "rational nutrition". Some people eat a lot of food irregularly, without following a meal plan (early breakfast or evening before bed).

Rational nutrition is the food consumed to ensure the recovery of the body, to meet the demand for lost energy, to maintain the necessary level of proteins, fats, carbohydrates, vitamins, micro-macroelements, plant fibers, as well as the activity of enzymes of the gastrointestinal system. is compatible with

In other words, the food consumed should meet the real needs of a person. The word "rational" is derived from the Latin language, and the phrase "ration" means a daily amount of food, while "rational" means the idea of eating food in accordance with the purpose, with intelligence. Currently, a balanced concept of food consumption has been developed based on the theory of rational nutrition. Mainly, the food consumed should contain proteins, fats, carbohydrates, vitamins, minerals and water necessary for humans. 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:

1. Calculating the energy received and spent by the body and knowing how much power this or that component of food has.
2. Balanced diet. Proportional (optimal) presence of proteins, fats, carbohydrates, vitamins, minerals and water in food.
3. Coordination of eating habits is considered the third rule of this concept and includes the following: regular meals; distribution of meals during the day; coordinate the number of meals and the times between them.

For this, it is recommended to follow the following steps: eating food at a certain time of the day - this allows the formation of conditioned reflexes and, in turn, prepares the body to receive food. The time between breakfast and lunch, lunch and dinner should not exceed 7 hours, and if you have a desire to eat before sleep, you should eat at least 1.5-2 hours before, that is, you should not go to bed immediately after eating dinner.

It is recommended to eat 3 or 4 times a day. When eating 3 times - 30-35% of it corresponds to breakfast, 40-45% to lunch, 30-20% to dinner, and when to eat 4 times, 25% to the first breakfast, 15% to the second breakfast, 35% to lunch, 25% to dinner must

Meat and fish dishes (including fatty ones) should be eaten mainly in the morning and at lunch. It is advisable to have a sharp limitation of table salt in the composition of the dinner, to have more easily digestible dishes made of milk and poultry meat. Because they do not change the physiological activity of the body during sleep. In contrast to them, salty and meaty foods have a negative effect on the cardiovascular and respiratory systems, causing instead of a decrease in blood pressure, heart rate and breathing rate, instead of an increase. It should not be forgotten that the foods consumed are rich in fibers (black, dried and baked bread, etc.), vitamins, potassium and magnesium salts, and cooking in vegetable oil prevents the accumulation of cholesterol in blood vessels.

There should be sufficient amount of vegetable and fruit salads, vinaigrettes, cabbage, tomatoes, cucumbers, zucchini, zucchini, cilantro in the daily menu; legumes, that is, peas, beans, mushrooms, as well as various mushrooms, should be used in limited quantities; it is advisable to use cheese and cottage cheese made from skimmed milk. It is recommended to drink non-bitter tea, fruit juices, herbal infusions. In short, the diet should be varied and have a positive effect on the human body, stopping or slowing down the processes that lead to aging and disease.

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.

## **RESULTS AND DISCUSSION**

In the observations conducted in the world's leading scientific centers, excessive consumption of foods and sweets made from animal fat and high-quality flour products, failure to follow the eating pattern and rhythm lead to a violation of the balance between the main components of food and, as a result, obesity, cardiovascular and other organs. It is confirmed that it causes diseases. Because they increase the amount of cholesterol (fatty particles) in the blood, increase blood pressure, myocardial infarction, cerebral hemorrhage or ischemic stroke (due to the accumulation of fats in the brain and neck vessels, acute blood circulation disorders), diabetes mellitus is one of the main reasons. . 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.

In Uzbekistan, half of the population is overweight, 46% of our people have excess cholesterol in their blood, 31% have high blood pressure.

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.

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.

According to the opinion of the world's leading scientists, in recent years "atherosclerosis" disease has been detected among people who are 20-30 years old. According to them, the main reason for this is not following a healthy lifestyle. Some young people are less active, spend a lot of time around the computer, do not follow the order of eating, abuse alcohol and nicotine. In the early stages of sclerosis, sometimes there is weakness for no reason. In addition, impressionability, restlessness, quick fatigue, inability to work by the end of the day, quick irritability appear. Then the memory and attention decrease, the person goes from one activity to another with difficulty. As a result of poor attention, mistakes are made, productivity decreases.

In such a situation, it is necessary to arrange food, work and rest. It is necessary to reduce the consumption of cocoa, chocolate, black tea, spinach, squid, sprat fish, sardines, all types of meat, alcohol, and smoking. Dairy products, on the contrary, should always be in the menu. Fruits, vegetables, cereals, eggs, cheese, bread are also useful. The consumption of table salt should also be reduced.

Many women complain of weight gain after the age of 30. They eat different diets, do light sports, but the body weight does not decrease, because at this age there is a decrease in metabolism. It is

recommended to "wake up" the body in order to avoid this condition. For this, it is necessary to eat fruits, protein and fiber-rich products at breakfast. It provides the body with enough energy during the day and gives a feeling of fullness for a long time. For lunch, it is recommended to avoid high-calorie products. The consumption of pasta, sandwiches, potatoes, sweets is limited. It is recommended to eat a lot of green salads, tomatoes, cucumbers, bell peppers. After dinner, instead of sweets, you should eat dairy products, kefir, yogurt, cottage cheese. This, along with reducing the feeling of hunger, overcomes fatigue.

After the age of 40, all processes in the body begin to slow down. Compared to young people, reactions in the body are reduced by 10-25% in people over 40 years old. This is related to changes in brain activity. A person's memory decreases, he cannot remember names, numbers. In such situations, people around them simply conclude that it is "sclerosis".

Unfortunately, after the age of 40, a number of changes are observed in the vascular system. Among them are heart disease (hypertension), atherosclerosis of cerebral vessels, ischemic heart disease. Experts say that the lifestyle of people living in the city is full of factors that lead to vascular diseases. One of their leaders is improper diet, which contains a lot of protein and fat, lack of activity, and constant nervousness.

With age, another problem is sometimes added - osteoporosis (fragility of bones). As a result of hormonal changes, the amount of calcium in bones decreases after the age of 40 in the body. They are brittle and may break as a result of imperceptible mechanical impact.

Women are more likely to fracture their hip after menopause. A number of changes occur in their body as they age. It becomes difficult for them to get up, they feel as if they did not sleep all night. These conditions often occur as a result of calcium metabolism disorders. Observation of experts confirms that healthy bones are formed from childhood. If a child eats enough calcium-rich products (cottage cheese, fish, cheese, carrots, celery, spinach) from a young age, there will be no problems with his bones even after he grows up.

In the diet of people of this age, nutrients should be in a balanced ratio and the strength of the diet should be slightly reduced. Foods containing a lot of carbohydrates and fats, animal fats and other sources of cholesterol should be reduced from the diet. In order to slow down the absorption of excess carbohydrates in the intestine, the food should contain a lot of fiber preservatives. Fibers, without being digested by themselves, create a feeling of satiety, tickle the nerve endings on the wall of the intestines and increase its movement, reducing the absorption of carbohydrates. Cereals, brown bread, durum wheat pasta, soups, vegetables, mushrooms, and fruits contain large amounts of dietary fiber.

It is advisable to approach food as follows: drink half a glass of water or unsweetened juice before meals; to have a variety of meals; having enough food;

eat little, but often, controlling the amount of food eaten in one sitting; reduce consumption of easily digestible carbohydrates (sugar, milk chocolate, jam); do not drink bitter tea or coffee, but do not limit other liquids, it is better to drink 1.5-2.0 l of boiled and cooled water or liquid green tea per day; the food should be chewed and consumed without haste. It has a positive effect on its digestion and causes a feeling of quick satiety; you should avoid eating (especially overeating) less than 3 hours before sleep.

Women's nutrition should be complete and include all nutrients - proteins, fats, carbohydrates, vitamins and minerals in sufficient quantities. A woman's diet must include milk and dairy products, various fish and seafood products, meat, eggs, various cereals, bread (preferably black flour). Fruits and

vegetables, especially leafy vegetables that provide the body with a complex of vitamins and minerals, are a mandatory and widely available component of nutrition.

Nutrition recommendations for people over 50 years old.

In the body of people over 50, there is a shortage of biologically active substances, vitamins, macro and microelements. During this period, it is necessary to consume enough biologically active substances, vitamins, macro and microelements.

The occurrence of this deficiency may be caused by insufficient absorption of them into the body with food or by internal factors (diseases of the stomach, intestines, liver and other organs) that prevent them from being properly absorbed.

Especially in women over 50, the need for vitamins does not decrease. On the contrary, their insufficient fall complicates the processes taking place in the female body and creates the basis for the emergence of climax. Lack of vitamin A (retinol) or its substitute - carotene in the female diet reduces eyesight and the body's protective properties. Calciferol (vitamin D) deficiency leads to the development of osteoporosis, because it controls the absorption of calcium in the body. Antioxidant tocopherol (vitamin E) is essential to support the declining function of the ovaries.

Riboflavin (vitamin V2) and pyridoxine (vitamin V6), which control all metabolic processes in the human body, are also important for the normal functioning of the body. Lack of vitamin RR leads to the formation of seizures and mental disorders, while lack of cyanocobalamin (vitamin V12), choline (vitamin V4), inositol (vitamin V8), as well as folic acid (vitamin V9) increases and accelerates the development of atherosclerosis processes.

The main products recommended to be included in the daily diet of people aged 50 and older are: liver, eggs, milk, dairy products, poultry, fish oil, caviar, meat, fish, carrots, pumpkin, tomatoes, apricots, cereals, nuts, vegetable oil, cereals, vegetables, cabbage, potatoes, fruits, bread, oatmeal, yeast, cereals.

Everyone can prevent a number of serious diseases by following the principles of healthy lifestyle and rational nutrition. In fact, according to the latest data from the World Health Organization, human health and longevity are 10% due to medicine, 20% due to genetics, 20% due to external influences (environmental, economic, etc.), and 50% due to lifestyle and habits. (physical activity, smoking, alcohol abuse, excess body weight, etc.) including diet.

Different countries and peoples have their own food traditions and national dishes. But at the same time, regular research has been conducted all over the world to create recipes that have a positive effect on human health, and this process is still ongoing.

One of the generally accepted ones is the healthy eating pyramid proposed by the Harvard School of Public Health, in which a rational diet is depicted in the form of a diagram. This pyramid was recommended by the World Health Organization in 2005 as the basis of a healthy diet.

The base of the pyramid is the level of physical activity and weight control, the next level is wet fruits and vegetables, legumes, legumes, potatoes, cereals, rice and bread products, and the following levels are meat, fish, chicken, cheese, dairy products, butter, eggs, etc. The last step, the top of the pyramid, is finished with confectionery products, sugar, salt and fats.

**CONCLUSIONS.** For people of all ages, the following are recommended for rational nutrition: Hot meat dishes should be recommended for breakfast. Also served are sandwiches with butter and cheese,

hot tea, cocoa and juices, namatak, compote and jelly.

Liquid soups (with chicken and various other types of meat) are recommended for the first course at lunch. For the second meal, hot and dark dishes (with the addition of minced meat and fish to rice, buckwheat, mash, peas, beans and vegetable dishes), vegetable salads and greens are recommended. In addition to the diet, fruits are added.

For dinner, light digestible food (poultry), milk and dairy products are recommended. They should not overload the stomach.

At the end of the article, we would like to emphasize that our great scholar Abu Ali Ibn Sina paid special attention to the importance of a healthy lifestyle in maintaining health. A healthy lifestyle means preserving the health given to a person by nature, his attitude towards his body and himself.

The Great Allama in his five-volume book "Laws of Medicine" paid great attention to the health of healthy people. He defined the "Art of Health Care" as a sequence of factors affecting health, and emphasizing that a healthy lifestyle consists of seven factors, he especially attached great importance to the principles of healthy eating.

"Whoever wants to maintain and strengthen his health should pay attention to the diet, the quality and quantity of the food consumed, the time of consumption and the process of its digestion, and observe the following rules."

1. Eat food only when you feel hungry;
2. Try to eat freshly cooked food;
3. Eat food in a state of mental and physical calm;
4. Eat food slowly, without haste, chewing well;
5. Avoid overeating..

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