

## THE IMPORTANCE OF PROPER NUTRITION IN MAINTAINING HUMAN'S HEALTH

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### **Annotation:**

Nutrition provides the most important function of the human body, supplying it with the energy necessary to cover the costs of life processes. The renewal of cells and tissues also occurs due to the intake of "plastic" substances into the body with food – proteins, fats, carbohydrates, vitamins and mineral salts. Finally, food is the source of the formation of enzymes, hormones and other metabolic regulators in the body. In this article, we can discuss information about the importance of proper nutrition in maintaining human's health.

**Keywords:** proper nutrition, human's health, proteins, minerals, natural foods, vitamins, nutrients, metabolic rate.

To maintain the normal flow of energy, plastic and catalytic processes, the body requires a certain amount of various nutrients. The metabolism in the body, the structure and functions of cells, tissues, organs depend on the nature of nutrition. Health and nutrition are closely interrelated. Substances entering the body with food affect our mental state, emotions and physical health. Our physical activity or passivity, cheerfulness or depression largely depends on the quality of nutrition.

When we talk about health, it is largely due to the characteristics of the nutrition of the population as the most important component of the culture of health, which in turn is a component of the general system of culture, which is gaining leading importance among the global problems of our time, determining the future of mankind. This is because evolution is possible only in a healthy society. Obviously, the connection between nutrition and health is beyond doubt. The source material for the creation of living tissue and its constant renewal, as well as the only source of energy for humans and animals is food. Therefore, rational nutrition is the most important factor ensuring human health. Nutrition is the process of intake, digestion, absorption and assimilation of nutrients in the body.

Nutrition provides the basic vital functions of the body. These include, first of all, growth and development, as well as continuous tissue renewal (the plastic role of food). The energy necessary for all internal processes is delivered with food the body, as well as for external work and movement. Finally, with food, a person receives substances that are necessary for the synthesis of compounds by the body that act as regulators and biochemical catalysts: hormones, enzymes. Nutrition issues are very important for maintaining human health throughout his life. Eating properly can prevent the development of many serious diseases, for this it is necessary to follow simple well-known rules. Improper nutrition for a long time becomes not just a risk factor for the development of a particular disease, but one of its main causes.

The biological and energy value of food products is determined by the content of nutrients in them: proteins, fats, carbohydrates, vitamins, mineral salts, organic acids, water, aromatic and flavoring substances. Such properties of nutrients as their digestibility and digestibility are important. Each

person needs their own set of diet components that meet the individual characteristics of their metabolism. According to the theory of balanced nutrition (A.A. Pokrovsky) - a full-fledged diet is characterized by an optimal correspondence of the amount and ratios of all food components to the physiological needs of the body.

The food taken should, taking into account its digestibility, replenish the energy costs of a person, which are defined as the sum of the basic exchange of the specific dynamic action of food and the energy consumption for the work performed. With the regular excess of the daily caloric content of food over the energy costs, an increase in the amount of deposited fat occurs. Proteins with essential and interchangeable amino acids, fats with different fatty acid saturation, carbohydrates with different numbers of monomers and the presence of ballast substances (cellulose, pectin, etc.) should be balanced.

Rational (from the Latin word *rationalis* – "reasonable") is considered to be such a diet that ensures the normal functioning of the body, a high level of efficiency and resistance to adverse environmental factors, the maximum duration of active life.

Rational nutrition is the most important prerequisite for the prevention of not only metabolic diseases, but also many others. For normal growth, development and maintenance of vital activity, the body needs proteins, fats, carbohydrates, vitamins and mineral salts in the right amount.

Rational nutrition provides, taking into account the physiological needs of the body, satisfaction in all nutrients and energy. The recommended values of a person's need for nutrients and energy are determined for all groups of the able-bodied population, depending on the intensity of work, gender and age. The average nutritional needs of elderly and old people, as well as eleven groups of the child population, pregnant women and nursing mothers have also been established.

Throughout life, the metabolism of substances and energy is continuously carried out in the human body. The source of building materials and energy necessary for the body are nutrients coming from the external environment mainly with food. If food does not enter the body, a person feels hungry. But hunger, unfortunately, will not tell you what nutrients and in what quantity a person needs. We often eat what is delicious, what can be cooked quickly, and do not really think about the usefulness and goodness of the products used. Rational nutrition is nutrition that is sufficient in quantity and full in quality, satisfying the energy, plastic and other needs of the body and providing the necessary level of metabolism. Rational nutrition is based on gender, age, nature of work, climatic conditions, national and individual characteristics.

According to the theory of adequate nutrition (A.M. Ugolev), it is important to match the set of nutrients to the enzyme composition of the digestive system. It emphasizes the three-stage digestion and the need for individual nutrition adequacy to these stages. For example, with lactose deficiency, milk is an inadequate type of food. In this theory, it is believed that the primary flow of nutrients is formed as a result of digestion and absorption of food, but besides it there is a flow of secondary food substances that are formed as a result of the activity of intestinal microorganisms. From the components of food with the participation of microorganisms, substances are formed that have not only energy and plastic value, but also the ability to influence many physiological processes (immune, protective, behavioral).

There are several principles of healthy eating.

1. The first principle of a healthy diet is to maintain an energy balance between the amount of calories consumed and the amount spent. On average, the human need is about 2000 kcal. per day. Fats and

carbohydrates serve as energy sources for the body. The optimal is four meals a day, when meals occur at intervals of 4-5 hours at the same time. Breakfast should be 25% of the daily diet, lunch -35%, afternoon tea - 15%, dinner - 25%. Dinner should be served no later than 3 hours before bedtime.

2. The second principle of healthy eating is that food should not only be a source of energy, but also a source of building material. Our cells and tissues consist of protein, protein-lipid and protein-carbohydrate compounds and old cells are constantly being renewed for new ones. For renewal, the body needs an indispensable building material - protein. The daily protein requirement of an adult is approximately 60 grams.

3. The third principle of a healthy diet is that the source of proteins, fats, carbohydrates, vitamins and minerals should be natural, high-quality products of animal and vegetable origin that have not undergone deep industrial processing, as a result of which useful properties are lost and harmful ones are acquired due to the addition of various preservatives, flavor stabilizers. The right ratio of proteins, fats and carbohydrates. Without excess, the body's need for basic nutrients (vitamins, amino acids, polyunsaturated fatty acids, minerals, trace elements, water) should be covered, their correct ratio should be ensured.

4. The fourth principle of a healthy diet is to comply with sanitary requirements for products. Poorly washed vegetables, fruits, as well as products with violated terms and conditions of storage, become a source of infection causing food toxic infection, salmonellosis and other diseases. Meat and fish that have not passed veterinary control can also be a source of parasitic diseases.

Not the least important in nutrition and health is water - an integral part of the human body. Many important processes of the functioning of the body cannot do without water, so the quality of the water consumed is very important for health. As you know, the ecological state of both water and food has been rapidly deteriorating in recent years. In this regard, it is important to use only purified water for cooking and drinking (especially in regions with a large number of industrial enterprises). Violation of the diet adversely affects human health.

The most important violations of the nutritional status are:

- Excessive consumption of animal fats;
- Deficiency of polyunsaturated fatty acids;
- Deficiency of full-fledged (animal) proteins;
- Deficiency of vitamins (C, B2, B1, A, E, folic acid, P-carotene, etc.);
- Deficiency of trace elements (selenium, iodine, zinc, fluorine);
- Deficiency of mineral substances (Ca);
- Deficiency of dietary fiber.

Consumption of low-quality, falsified and dangerous products for human health has a negative impact. Thus, food is one of the most important factors influencing our mental and physical activity. Nutrition and human health will always be closely related to each other, since the quality of the former will always remain an important means of ensuring the quality of the latter. The human body needs timely provision of biologically complete food corresponding to its physiological needs, which are determined by working conditions, human life, climatic features of the place of residence and a number of other factors that undoubtedly affect the lifestyle. Therefore, nutrition occupies an important place in the

implementation of socio-economic tasks related primarily to the strengthening and preservation of human health.

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