



PROBLEMS OF HEALTHY NUTRITION OF THE ELDERLY

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Annotation:

In the conditions of Uzbekistan, studying the actual nutrition of the elderly and organizing their rational nutrition is one of the important and urgent problems. In order to study the actual nutrition of elderly people, we conducted observation and inspection work among them.

Keywords: micronutrients, tocopherol, calciferol, mineral substances.

To date, the scientific study of issues such as improving the lifestyle of the elderly, improving their working abilities, as well as ensuring the health and longevity of the elderly has become one of the important problems facing both developed and underdeveloped countries. In this regard, there is a special place to study the actual diet of the elderly population and organize their rational diet (Чеботарев, Фролкис, Григоров, 1976; Григоров. и др. 1994; Синюк. и др., 2001).

The nutritional and energy requirements of the elderly are not clearly recorded in any source, etc. This situation makes the problem of healthy nutrition of the elderly even more serious (Богацкая, 1978; Самсонов, Мещерякова, 1979; Сельков, 1994; Медовар, и др., 1998.; Шовалиев, 2000).

If we take this into account, there is a good reason to say that studying the actual nutrition of the elderly and organizing their rational nutrition is one of the most important and urgent problems in the conditions of Uzbekistan.

As mentioned, we conducted observation and inspection work among elderly people in order to study their actual nutrition. These tests allowed us to obtain a number of interesting results.

According to the obtained results, there are a number of serious changes in the actual nutrition of the elderly. These changes can be observed in all groups. These changes are mainly due to the lack of appropriate nutrients in the daily diet. Some vitamins such as tocopherol, calciferol, and some minerals such as calcium, iron, and phosphorus can be mentioned as examples of micronutrients that are lacking in the daily diet of the elderly.





If we turn to the numbers (Table 1), we can imagine these changes more clearly. For example, vitamin D (71.2%), B1 (71.4%) and B12 (75.3%) can be included in the daily diet of men aged 60-74. Among mineral substances, Ca (82.3%) and Fe (81.6%) are more deficient, especially zinc and iodine are deficient at the level of 63 and 55%, respectively.

Table-1 Nutrients in the daily diet of 60-74-year-old subjects and their relative status (mens)

| Nutrients | | The result | Criterion | Difference | |
|--------------------|-----------------------|------------|-----------|------------|------------|
| | | | | in grams | in percent |
| Vitamins: | Y, mg | 12,6 | 15 | - 2,4 | 84 |
| | A, mkg | 820 | 1000 | - 180 | 82 |
| | D, mkg | 1,78 | 2,5 | - 0,72 | 71,2 |
| | B ₁ , mg | 1 | 1,4 | - 0,4 | 71,4 |
| | B ₁₂ , mkg | 2,26 | 3 | - 0,74 | 75,3 |
| | C, mg | 67,8 | 80 | - 12,2 | 84,7 |
| Mineral substances | Ca, mg | 823 | 1000 | - 177 | 82,3 |
| | P, mg | 1080 | 1200 | - 120 | 90 |
| | Mg, mg | 355 | 400 | - 45 | 88,7 |
| | Fe, mg | 8,16 | 10 | - 1,84 | 81,6 |
| | Zn, mg | 9,5 | 15 | -5,5 | 63 |
| | I, mg | 0,08 | 0,15 | -0,07 | 55 |

The amount of vitamins and minerals in the daily diet of women of the same age is also less than the norm - vitamins such as vitamin D (72.8%), B1 (72.3%) and calcium (71%), phosphorus (76) and iron (76 micronutrients such as .2 %) (Table 2). Among the subjects of this group, zinc and iodine were significantly deficient in trace elements - 65 and 57%, respectively.

Table-2 Nutrients in the daily diet of 60-74-year-old subjects and their relative status (women)

| Nutrients | | The result | Criterion | Difference | |
|--------------------|-----------------------|------------|-----------|------------|------------|
| | | | | in grams | in percent |
| Vitamins: | Y, mg | 9,6 | 12 | -2,4 | 80 |
| | A, mkg | 713 | 800 | -87 | 89,1 |
| | D, mkg | 1,82 | 2,5 | -0,68 | 72,8 |
| | B ₁ , mg | 0,94 | 1,3 | -0,36 | 72,3 |
| | B ₁₂ , mkg | 2,62 | 3 | -0,38 | 87,3 |
| | C, mg | 73,5 | 80 | -6,5 | 91,8 |
| Mineral substances | Ca, mg | 710 | 1000 | -290 | 71 |
| | P, mg | 920 | 1200 | -280 | 76 |
| | Mg, mg | 338 | 400 | -62 | 84,5 |
| | Fe, mg | 7,62 | 10 | -2,38 | 76,2 |
| | Zn, mg | 9,8 | 15 | -5,2 | 65 |
| | I, mg | 0,09 | 0,15 | -0,06 | 57 |



In order to prevent these unconsciousness, it is necessary to carry out propaganda work among the elderly, especially their family members and acquaintances, and take measures to eliminate the socio-economic reasons specific to the elderly.

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