



HYGIENIC ASSESSMENT OF NUTRITION FOR MEDICAL UNIVERSITY STUDENTS

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Annotation

The purpose of the study is to determine the compliance of the actual diet of TTA students with physiological nutrition standards. The study was conducted on the basis of TMA.

Key words: rational nutrition, students, physiological nutritional standards, basic nutrients, qualitative and quantitative composition of the diet.

Introduction

Our children are the backbone of our nation and the owners of our tomorrow. In order for them to grow up to be healthy and well-rounded generations, we should establish proper nutrition along with a healthy lifestyle. Only if our children are formed healthy and well-rounded, it will be of special importance for the development of various directions of the country's development. It is no secret that the result of unhealthy lifestyle and insufficient physical activity causes unpleasant conditions among the population, among young people, namely - cardiovascular diseases, malignant tumors, chronic diseases of the respiratory organs and non-communicable diseases such as diabetes mellitus and disability all over the world. are the main causes of death. They are mainly caused by risk factors such as high blood pressure, tobacco and alcohol consumption, high blood cholesterol levels, excess body weight, not eating enough fruits and vegetables, and lack of physical activity.

In addition to environmental factors, high-quality nutrition is also important for the growth and development of the population. Eating is one of the important factors that determine the state of health, and it is an indicator of the health of each person and the entire population in general. In any living organism, processes of assimilation and dissimilation are constantly observed, and if the body does not consume food chemicals through food and oxidation-reduction processes are not observed, the process of assimilation is lost. As a result, there is a shortage of the main nutrients - proteins, fats, carbohydrates, vitamins and mineral salts - which





provide the body with energy and all vital processes occurring in the body. Therefore, it is necessary for the human body to eat quality food on a regular basis. Physical development indicators of children and adolescents, working ability of the working population, ability to fight against negative effects of the external environment, general disease level of the population, and average life expectancy are directly related to the quality of food. As a result of improper nutrition, the course of many diseases is more severe, their transition to a chronic form is accelerated, and the recovery period is prolonged.

Students belong to the population group with sufficiently high physical activity, while the main type of work activity is mental work. According to the average statistical energy consumption, medical workers and, accordingly, students studying in the field of medicine belong to the second group of the working-age population, taking into account Sanitary code and standard-0007-20. The population of this group is 18-29 years old, and the physiological norm of food for them is given in table 1 (table 1.):

Table 1 Nutrition norms of students (Sanitary code and standard No. 0007-20 on)

Gender	Physiological nutritional value (per day)				
		Proteins, g	Fats, g	Carbohydrates, g	Vitamin "S", mg
Men	3158,5	120	120,5	606	60
Women	2764,7	108	109	533	60

The nutrition of the population, as well as students, is a social problem to a greater extent, because the quality of nutrition of the population is determined by the level of development of each country, the amount of money allocated for food. The problem of nutrition depends on the economic situation of each country and its economic relations with other countries, the social policy of each country, labor resources and working potential. Changes in these conditions affect the average statistical indicators of the quality of nutrition in certain groups of the population.

The purpose of the study is to analyze : the quality of food and its hygienic assessment of the 2nd year students of the Faculty of Medicine studying at the TTA.

Methods of verification: survey, drawing up a menu, calculation.

Results of the inspection: For analysis, the meal plan drawn up in September-October of the 2022-2023 academic year was received, of which 54 were men and 46 were women.

To evaluate the quality of the students' menu and its energy value, special tables with the chemical composition of food products were used. Also, the balance of the main



nutrients in the diet and the percentages of daily intake of the diet were calculated. The quality and quantity of nutrition in the examined groups is presented in Table 2

Table 2 **Current student nutrition (2022y)**

Gender	Current student nutrition				
		Proteins, g	Fats, g	Carbohydrates, g	Vitamin "S", mg
Men	3000	106±3,3	103±6,8	393±26,8	46±4,8
Women	2548	82±3,3	80,5±6,8	358±26,8	49±4,8

The obtained results showed that the energy value of the male-demand diet is 158.5+94 kcal less than the physiological norm and may deviate within the limits of the permissible values (the energy value of the diet +150-200 kcal); and in female students, the energy value of the ration is 194 kcal below the physiological norm and may deviate within the limits of the permissible values (the energy value of the ration is +150-200 kcal); The amount of protein and fat in the diet of male students is 14 and 17.5 g less than the physiological norm, carbohydrates are 181 g less than the norm, and the amount of vitamin C is 42% less than the physiological norm. The amount of protein and fat in the diet of female students is 26 and 28, respectively, less than the physiological norm. ,5 g less, and carbohydrates 175 g less than the norm, and the amount of vitamin C is 36% less than the physiological norm.

The ratio of protein, fat and carbohydrates in the diet of male students is unbalanced 1:0.98:3.7, the amount of fat and carbohydrates is low.

The ratio of protein, fat and carbohydrates in the diet of female students is not balanced 1:1.1:5.2, the amount of carbohydrates in the diet is more than protein. As mentioned above, the assessment of the quality of students' nutrition was studied in September-October, the energy value of the ration should be increased at lunch, and the percentage of dinner, on the contrary, should be reduced. According to the results of the research, it is appropriate to divide all the surveyed male students into two groups: in the first group (28 people), the distribution of breakfast, lunch and dinner is 32%, 43% and 29%, respectively; and in the second group (26 people) it was 32%, 23% and 45%. The results showed that the percentage of dinner was higher in the second group of students, which shows that the students have developed the habit of eating a lot of dinner.

The distribution of the ration during the day is almost the same for male and female students.



The amount of vitamin C, which is an important component in the diet of students, is lower than the hygienic standards in both groups, the amount of vitamin C that meets the physiological needs of the body should be 70 mg.

Thus, evaluating the quality of food of TTA students, we can make the following conclusions.

1. The energy value of the diet and the amount of the main nutrients in it correspond to the physiological needs of students, but the main nutrients in the diet are not mutually balanced: 11:0.97:3.7 for male students due to the high amount of proteins, and 1:0.98:4.36 for female students, due to the excess amount of carbohydrates.
2. In most students, the daily ration is incorrectly distributed during the day, the main consumed products are in the evening.
3. Vitamin "C" in the diet of students covers only half of the physiological need, so it is necessary to explain to students that it is necessary to add vegetables, fruits and greens to the diet.

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