

Provision of Carbohydrates to the Body of the Elderly

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Abstract: In this article, the longevity of the elderly and the elderly is important in furthering the culture of life, in other words, in shaping their healthy lifestyle. One of the most important determinants of a healthy lifestyle is proper nutrition.

Keywords: Organism, Ontogeny, Macronutrient, Biopolymer

Introduction

Aging is generally considered to be a natural process that occurs during the ontogenetic development of an organism. The various morphological and structural changes that occur during aging should be considered, taking into account the evolution of age and the limits of the organism's ability to adapt. Therefore, a comprehensive scientific study of the physiological functions of the body, including the activity of the digestive organs, helps to prevent various adverse events that occur in the body of the elderly in the future. In this regard, the study of the physiological demand of the body of the elderly and the elderly for macronutrients and its satisfaction is one of the important tasks of today.

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Carbohydrates are a macronutrient that is important for the body along with proteins and fats. Many of the vital processes that take place in the cell are caused by biopolymers in carbohydrates. The energy required for all activities is primarily due to carbohydrates (2, 5,). The contribution of carbohydrates in the daily diet is 4-5 times higher than that of proteins and fats. 50-55% of the total energy consumed by people during the day is due to carbohydrates (4), and the allocation of this energy corresponding to total carbohydrates to 10-12% due to refined sugar is currently the norm (3.4).

It should be noted that they are the main source of energy, as well as in a number of catalytic reactions (D-glucose-1,6-diphosphate, pentoses, etc.), are part of muscle, connective and other tissues and form reserve carbohydrates. Carbohydrates are an important part of nucleic acids and are part of a number of hormones (sex hormones, pituitary hormones, etc.). Participates in the motility of the intestine and participates in the secretory activity of the digestive glands. They also form complex compounds with proteins, actively participate in the protective function of the body (mucoproteins, etc.), exhibit bactericidal properties (pectins) and neutralize toxins formed during metabolism. Carbohydrates are abundant in many foods, unlike proteins and fats. Observations Protein and fats in the daily diet of 20 elderly people aged 60-74 (including 8 men and 12 women) and 20 elderly people (including 10 men and 10 women) over the age of 75 living in Miraki village, Shakhrisabz district, Kashkadarya region and the amount of carbohydrates was studied. All the subjects taken as the object of the study were the elderly and the elderly who live permanently in rural areas under the same climatic conditions. This is important in a comparative study of the amount of essential nutrients in their daily food intake relative to the relevant physiological norms (2.5).

Material and methods

As for the survey methods, we mainly used the questionnaire method, which is the most convenient and popular way to study the current nutrition of different groups of the population.

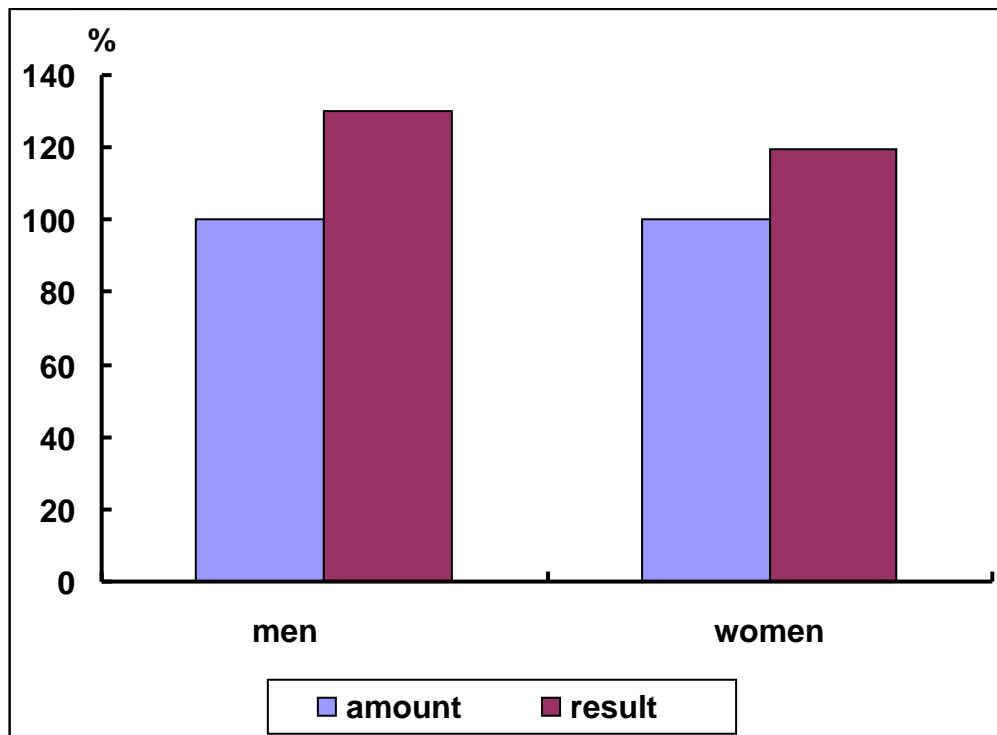
However, the survey method was also used to learn some information about the current diet of the elderly [1,2].

Carbohydrates in the food are the first in terms of quantity, and they are the main substances that provide energy to the body, and to some extent also serve as a plastic material. It is advisable to include

carbohydrates in the daily diet of the elderly in relation to the amount of protein and fat. Most of them are taken with daily consumption of plant products (bread and flour products, cereals, pasta, potatoes, fruits, vegetables, melons, etc.).

In particular, the amount of carbohydrates in the daily diet of older men and women aged 60-74 years was 422 and 340 grams, respectively. The norm is 335 grams for men and 284 grams for women at the same age[3,4]. An increase of 30.0 and 19.7 percent, respectively, compared to this norm.

Similar figures, i.e., excess carbohydrates in the foods consumed, were observed in 75-year-olds and older. However, the amount of carbohydrates consumed in men of this age appeared to be slightly above the norm, i.e., 305 grams of carbohydrates were consumed instead of the 280 grams considered the norm. Women of this age were found to consume 37 grams more carbohydrates than normal.



Percentage of the amount of carbohydrates (60-74 years old) in the daily diet of the elderly in the town of Miraki, Shahrhisabz district.

Commenting on these cases, it should be noted that a number of changes that occur in the body of the elderly do not go unnoticed in their nutritional status. For example, they have a significant decrease in the activity of the gastrointestinal tract, such as motor, secretory, which makes it difficult to digest the nutrients consumed[5]. While disruption of secretory activity makes it difficult to break down nutrients, motor activity makes it harder for them to move around the gut, while disruption of absorption worsens the absorption of broken down nutrients from the intestines into the blood.

Conclusion

The study found that the amount of carbohydrates in the daily diet of the elderly and the elderly was consumed in excess of the norm. The above-mentioned changes related to malnutrition in the elderly lead to a number of unpleasant diseases, disruption of the normal functioning of the organism, the disruption of various biochemical and physiological reactions that take place in it.

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