

Policy on healthy eating among the population in Uzbekistan

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Annotation. Nutrition and healthy eating program have been one of the crucial component which can prevent the risk of communicable and non-communicable disease among young generation. In this paper some rules and regulations of keeping diet and eating products have been mentioned. One of the important points of the diet is the prohibition to give children in between feedings any food, and first of all various sweets, cookies, buns. This should be paid special attention to the staff and parents.

Key words: Healthy eating, diet

The Doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.

Thomas Edison

According to the legislation of **Hygiene Norms and Standards for Nutrition in Pre-School Child Education Institutions** of the country, nutrition and healthy eating program have been one of the crucial component which can prevent the risk of communicable and non-communicable disease among young generation. In this paper some rules and regulations of keeping diet and eating products have been mentioned. One of the important points of the diet is the prohibition to give children in between feedings any food, and first of all various sweets, cookies, buns. This should be paid special attention to the staff and parents. Even such products as fruits, berries (especially with sugar), vegetable salads, are given to children only during the next meal. In order to avoid appetite disturbances, sweet juices, sweet tea, milk, kefir should not be used as drinking. Legislation on nutrition in pre-school child education provides as followings:

Do not use in the nutrition of children spices, spicy dishes, food additives of artificial origin:

- products containing food additives (synthetic flavors, dyes) of artificial origin, including carbonated soft drinks, confectionery, chewing gum, chips, etc.;
- pickled vegetables and fruits (cucumbers, tomatoes, plums, apples);
- cooking fats;
- butter with a fat content below 72%, butter "spreads";
- smoked meats, sausages and sausages;
- mayonnaise, pepper, mustard, horseradish, vinegar, natural coffee.

The data obtained on the content of proteins, fats, carbohydrates in the diets of children, as well as the total caloric content of diets, are compared with data on the chemical composition of the diets of children in preschool institutions of various types and the physiological needs of children of this age in basic nutrients and energy.

When carrying out calculations, it is desirable to pay attention to the sufficient content of animal proteins in the diets of children, as well as to determine the vitamin value of rations with the introduction of appropriate corrections for losses during culinary processing of products. Apart from this, **Institute of Forecasting and Microeconomic Research**, Uzbekistan ranked first in the top 10 countries with the greatest progress in ensuring food security in 2019-2022. (App 1)

For instance, **Protein quality** – Uzbekistan has increased its place by 10 positions, increasing the availability of high-quality protein in the diet of the population from 62.5 grams in 2011-2013. up to 71,4g. in 2016-2018;

Dietary diversity - Uzbekistan has increased its place by 6 positions. This was made possible by reducing the consumption of sugar by the population. The share of sugar consumption decreased from 7.1% in 2018 to 6.1% in 2019;

Food safety - according to this indicator, Uzbekistan has risen by 3 positions. This progress has been achieved through improvements in the Food Safety Mechanisms indicator.

As a next important indicator of providing healthy life and nutritional food among the population of Uzb has been considered partnership and communication between ministries and authorities. Surely, last established legislation about ensuring public health by further improving the effectiveness of medical prevention encourages Ministry of Health care, Ministry of higher and secondary education, Ministry of primary education, Ministry of sport and physical activity, Ministry of Mahalla and Family Support, Service for Sanitary and Epidemiological Welfare and Public Health, Local public authorities to be gathered and partnership working because it can play as a good strategy to maintaining health support.

In order to improve the assessment of this indicator, it is necessary to develop and contribute National Recommendations on Nutrition, as well as educational campaigns to disseminate information on a balanced and nutritious diet (via television/radio/Internet) on a regular basis.

Appendix 1

Рассмотрим подробней изменения позиций Узбекистана в рейтинге GFSI в 2019-2022гг.

2022		2019	2022	
позиция		Балл	Балл	Δ
73	Узбекистан	51,4	57,5	+6,1
=41	Саудовская Аравия	65,0	69,9	+4,9
29	Болгария	68,2	73,0	+4,8
88	Руанда	47,0	50,6	+3,6
58	Гвинея	59,7	62,8	+3,1
=106	Мадагаскар	37,6	40,6	+3,0
54	Аргентина	62,3	64,8	+2,5
18	Коста Рика	74,9	77,4	+2,5
71	Украина	55,5	57,9	+2,4
4	Франция	77,9	80,2	+2,3

Источник: Составлено автором на основе: <https://impact.economist.com/sustainability/project/food-security-index>

References

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