

Analysis Of the Elderly and Young People, Food Ration, Hygienic Materials (Republic of Uzbekistan)

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Abstract: a healthy diet is essential at any age, but in old age, it is especially important to avoid the risks associated with heart disease, diabetes, obesity and other chronic ailments. The quantity and quality of food are determined by age, sex and the nature of the work performed. The diet of the elderly differs significantly from that of the young. But a reduced calorie diet should contain a sufficient amount of mineral salts, vitamins, and proteins. The total caloric intake of the daily diet for the elderly should be reduced mainly by animal fats and simple carbohydrates.

Key words: elderly population, strength, dietary supplements, nutritional rheumatoid arthritis, proper nutrition.

Relevance. It is known that aging is a natural process and a biological law. As a result, a number of physiological and biochemical reactions slow down, and resistance to external factors decreases. Weakness occurs in all body systems [1]. Malnutrition is one of the main causes of dysfunction of many organs and systems in the elderly. According to statistics, 75% of older people are wrong, and more than 20% of them eat more than normal. This indicates that their diet contains a large amount of fatty meat and flour products, sweets and bakery products, and not enough dairy and fish products, as well as fruits and vegetables [2]. The main goal of our work: Hygienic Analysis of Nutrients in the Diet of the Elderly. Scientific studies were conducted among elderly people aged 55 to 76 living in Tashkent, their total number was 81 people (48 men and 33 women). In the studies conducted, the diet was studied using a questionnaire. Data collection was carried out 4 times a year, i.e. in the winter-spring and autumn-autumn seasons, for 10 days (3 days at the beginning, 4 in the middle and 3 at the end of the month), and for food products, the products consumed by them were recorded in specially made personal forms. The amount of basic nutrients and energy was calculated from tables of the chemical composition of food substances [3]. The obtained results were compared with SanMvaK No. 0250-08. The analysis of the data obtained showed that, having calculated the biological value of the diet of elderly men, when comparing the total protein with the norm, we see that in the winter-spring period it is provided by 80.0%, in the winter-spring season - by 97.7%. summer-autumn season (Table 1). For women, this figure was 78.2 and 92.8 per cent. At the same time, it was found that the amount of animal proteins in the diet is 71.3 and 57.9% in men and 60.9 and 55.0% in women, depending on the season. The ratio of animal and vegetable protein should be 55 and 45%. The ratio of animal and vegetable protein in the diet of the elderly is 48.9-51.1% in men in the winter-spring period, 42.8-57.2% in women and 32.6-67.4% in the summer-autumn period in both sexes. Be proportional. It has been established that the amount of fat in the daily diet is low compared to the standard indicators for the season: in men - 89.6 and 74.6%, in women - 88.1 and 75.1%. It can be seen that carbohydrates in the diet of the elderly are also low compared to the norm: in men - 99.5 and 78.8%, in women - 94.0 and 70.9%. It should be noted that a person compensates for the energy spent during the day by breaking down organic substances, that is, proteins, fats and carbohydrates. It should be noted here that the capacities depleted in both seasons are not fully covered. According to the theory of rational nutrition, the ratio of proteins, fats and carbohydrates in the diet should be 1:1:4. In our studies, this indicator was 1:1.1:4.9 in men and 1:1.1:4.8 in women in the winter-spring season, 1:0.8:3.2 and 1:0.8:3.2 in the summer-autumn season, respectively. It turned out to be 1:0.8:3.0. The analysis of mineral elements in the diet showed that the amount of calcium is 78.5% in men in the winter-spring period, 75.4% in women, 65.6% and 62.4% in the summer-autumn period, respectively. The remaining trace elements were as follows, respectively: phosphorus - 70.9-70.2% and 66.9-65.4%; magnesium - 88.6-86.3% and 77.8-79.2%; iron - 68.0-65.0% and 74.0-73.0%. Vitamin C is the most important vitamin in the diet of the elderly, as vitamin C is involved in the synthesis of collagen, the main structural protein of connective tissues, which is the main

component of blood vessels, bones, tendons and muscle membranes, and increases their functionality and longevity. Vitamin C was covered by 58.4 and 72.1% of the norm in men and by 55.5 and 73.5% in women, depending on the season. It was found that vitamin A is 53.2% and 62.4% of the norm in men, 52.6% and 61.9% in women, respectively. Vitamin B1 – 67.9-53.6% and 63.1-54.6%, respectively; and vitamin B2 — 46.9–54.4% and 42.7–56.7%.

Conclusions. Summing up our scientific research, we can draw the following conclusions:

1. When analyzing the diet of the elderly population, it was found that the content of organic substances in food (proteins, fats and carbohydrates) is less than the norm in both countries.
2. It has been established that in the winter-spring season the strength is covered by 83.3 and 92.6% of the norm, and in the summer-autumn - by 71.3 and 77.4%.
3. It has been established that mineral elements in the diet make up 65.0-86.3% of the established norm, and vitamins 42.7-73.5%.

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