

## Nutrition Features of Medical University Students

**Tashmamatov Sherzod Xolmamatovich** – Assistant Lecturer of the department “General Medical Sciences”, Faculty of Medicine, Gulistan State University. 120100, Republic of Uzbekistan, Syrdarya region, Gulistan city, district-4. Mobile phone number: +99897 224-96-52.

**Nabiev Ulugbek Nemat ogli** – Assistant Lecturer of the department “General Medical Sciences”, Faculty of Medicine, Gulistan State University. 120100, Republic of Uzbekistan, Syrdarya region, Gulistan city, district-4. Mobile phone number: +99891 500-18-99. E-mail: [ulugbek.nabiev.92@mail.ru](mailto:ulugbek.nabiev.92@mail.ru)

**Annotation.** The problem of health protection and prevention of diseases, the development of which is partially or completely related to nutrition, remains quite relevant.

The student period is very rich and varied, characterized by great tension in all functional systems of the body.

Analysis of the nutrition of students using a questionnaire method showed that the nutrition of the subjects was irrational due to a violation of quantitative and qualitative characteristics.

The diet is monotonous, characterized by a lack of vegetables, fruits, dairy products, meat, and an excess of fast food products.

Most of the respondents have dyspeptic disorders. At the same time, a third of respondents have pathology in the digestive system. The results obtained are useful for solving the problem of organizing students' meals.

**Key words:** students, diet, rational nutrition, nutrition analysis.

**Relevance.** One of the components of a healthy lifestyle is balanced nutrition.

The problem of nutrition is one of the factors determining a person's connection with the external environment [1].

Food, unlike other environmental factors, is a multicomponent factor that, depending on its quantity and composition, can change the function of organs and systems of the body. A rational, balanced diet is necessary to maintain high mental and physical performance, reimburse energy expenditure, normal functioning of organs and systems, increase the body's resistance to a number of diseases, and also increase the duration and quality of human life [2,5].

Lack of time, incompetence in matters of nutritional culture, the pace of modern life - leads to indiscriminate choice of products and improper self-organization of nutrition.

Thus, irrational, unbalanced nutrition becomes a serious risk factor for the development of many diseases of the digestive, cardiovascular and endocrine systems, nutritional disorders and metabolic disorders [3].

The nutritional status of students is one of the important factors supporting their health and learning efficiency.

A student, finding himself in a new social environment, adapts to it, experiences the influence of numerous environmental factors against the backdrop of a high academic load and lack of time.

And, often, the student assigns nutrition a secondary role, showing inattention to the diet and diet.

At the same time, there is an increase in the popularity of fast food products.

The diet is characterized by excessive consumption of animal products and easily digestible carbohydrates, which provide the effect of rapid saturation [4].

Modern data on student nutrition make it possible to monitor the dynamics of risk factors for the occurrence and prevalence of gastrointestinal diseases in young people.

This information will allow timely practical measures to be taken on issues of disease prevention and health promotion for future specialists [5,6].

Purpose of the study: to study the main nutrition trends of students of Gulistan State Medical University, Republic of Uzbekistan.

### Materials And Principles Of Research

The survey was conducted among 3rd year students, boys and girls aged 19-21, taken using a continuous sampling method, students of the Faculty of Medicine of Gulistan State University in 2023. A total of 45 boys and 70 girls were surveyed

### **Results And Discussion**

The diet of all examined students is not entirely satisfactory: 44.3% (40 girls, 11 boys) of students received (liquid) hot meals every day, no more than 2 times a week - 49.6% (28 girls, 29 boys), rarely - 6.1% (2 girls, 5 boys).

66.7% of boys and 71.4% of girls eat three times a day, 33.3% of boys and 28.6% of girls eat 2 times a day.

The interval between meals was within the recommended values for 43.5% of people.

An interval of more than 5 hours occurred in 56.5% of students.

During the day, students snack (cookies, chocolate, pies) in between main meals: 3.1% and rarely- 65.2%.

Breakfast is an integral part of the meal, which provides the body with energy for most of the day.

According to the survey results, a significant portion of students do not eat breakfast in the morning (Table 1).

<b>BREAKFAST</b>		abs.number	%
Girls	Doesn't have breakfast in the morning	46	65,7
	Having breakfast at home	8	11,4
	"How to get"	16	22,9
	Total	70	100
Boys	Doesn't have breakfast in the morning	16	35,6
	Having breakfast at home	9	20
	"How to get"	20	44,4
	Total	45	100
<b>LUNCH</b>			
Girls	Eats at a buffet, cafe, etc.	35	50
	Takes food from home	5	7,1
	«How to get»	30	42,9
	Total	70	100
Boys	Eats at buffet, cafe, etc	9	20
	Takes food from home	2	4,4
	"How to get"	34	75,6
	Total	45	100
<b>DINNER</b>			
Girls	Dinner at home	38	54,3
	Doesn't eat dinner	10	14,3
	Eats at buffet, cafe, etc	12	17,1
	"How to get"	10	14,3
	Total	70	100
Boys	Dinner at home	20	44,5
	Doesn't eat dinner	5	11,1
	Eats at buffet, cafe, etc	10	22,2
	"How to get"	10	22,2

**Table 1 - Characteristics of students' diet =**

26.1% never eat porridge for breakfast. They always eat various sandwiches for breakfast - 34.8%.

Most students eat 3 times a day, which is optimal. The main meal of the day for 55.6% of boys and 57.1% of girls occurs in the evening - the time of return from university, thus there was a “shift” in the calorie content of the diet towards the evening, including for 21.7% of students - at the same time low calorie content breakfast. Most often they eat at home (dormitory) - 75 (65.2%), cafes (buffet, etc.) - 40 (34.8%).

41.7% of students are not satisfied with the organization of meals in the university cafeteria.

An assessment of the quality structure of the diet is presented in Table 2. Among the products of the daily diet, dairy products and eggs are in first place, meat and fish products are in second place, and pasta and cereals are in third place.

**Table 2 - Distribution of food products in the weekly diet**

Food	Every day%		2-3 times a week,%		2-3 times a month	
	Count	%	Count	%	Count	%
Meat, fish, sausage	56	48.7	48	41.7	11	9.6
Dairy cheese, eggs, butter	64	55.7	-	-	-	-
Vegetables and fruits	60	52.2	36	31.3	19	16.5
Pasta, cereals	27	23.5	59	51.3	29	25.2

A small number of students (9.6%) consumed meat and meat products - 2-3 times a month.

More than half (55.7%) of students receive dairy products every day.

Lack of animal proteins in the diet will lead to the development of endocrine disorders.

Eating unhealthy foods - fast food is common among students.

Thus, 34.8% of students consume fast food daily, 55.6% a couple of times a week.

This diet does not contain foods rich in dietary fiber and contains foods with easily digestible carbohydrates and animal fats, which contributes to an increase in the number of people suffering from excess body weight. Among those who never eat “harmful” foods - 9.6%.

Many of the respondents have dyspeptic disorders (heartburn, belching, nausea), which appeared after entering the university (39.1%). Of these, there was a history of gastrointestinal pathology, 30 people had chronic gastritis, 5 had chronic pancreatitis, 2 had biliary dyskinesia.

More than half (65%) of students admit that their diet is unbalanced, explaining it by the lack of time to eat regularly and prepare it independently every day.

This study showed that the organization of meals for most students is not optimal in terms of: frequency of hot food intake; meat consumption; milk and dairy products; fresh vegetables.

Conclusions. Thus, it was found that most students, when forming their diet, do not comply with the principles of rational nutrition.

The diet of students has a number of shortcomings, of which there is a violation of the correct ratio of the daily amount of food (most of it is consumed in the evening).

Students have no variety in their diet, a lack of vegetables, fruits, and a deficiency of vitamins and minerals.

At the same time, a third of respondents have pathology of the digestive organs.

The impossibility of adjusting the diet is explained by objective (lack of time) or subjective (reluctance to cook food at home (dormitory) and addiction to fast food) reasons.

The results obtained indicate the need to work with students on organizing nutrition and a healthy lifestyle. 4-2(106). S. 78-81.

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