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## Principles Of Rational Nutrition And Its Effect On Human Health

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**ABSTRACT:** This article highlights the principles of rational nourishment and their impact on a healthy human lifestyle. The balance of vitality received and used by man is depicted. It also gives an account of the vitality a person gathers and consumes in a day.

**KEYWORDS:** principles of rational nutrition, healthy lifestyle, diet, balanced concept of food consumption.

### INTRODUCTION

It is imperative for everybody to lead a healthy way of life in arrange to live physically and rationally enthusiastic and dynamic. According to researchers from the international organization for aging, if fully executed, it includes a life expectancy of 100 to 120 years. Some specialists say that even 180 years is not the limit of life expectancy. The concept of a healthy lifestyle contains a broad meaning and incorporates activities such as physical activity, harmful propensities, i.e., enslavement, smoking (nasvai), combating alcohol consumption, and rational count calories. It is important to keep in mind that among the thousands of components that influence the human body, nutrition is particularly critical, particularly when it is convenient and in moderation, and when vital, the consumption of dietary foods.

More than 600 nutrients are needed for the body to function properly. Approximately 90% of them have a healing impact; very few are created in the body and most come from outside. This could only be accomplished through a rational diet. But, when most people say “rational eating”, they mean eating delicious, nutritious, high-calorie nourishments. A few people eat irregularly, without following the rhythm of eating (early in the morning or before attending to bed within the evening).

At present, a balanced concept of food consumption has been created based on the hypothesis of rational nutrition. According to it, the devoured food should contain the essential amount of protein, fats, carbohydrates, vitamins, minerals and water. The quintessence of such an approach is that the vitality used by each individual compares to the energy entering the body, the balance of substances within the nourishment, the nourishment is in a certain number and range. The taking after three rules of this concept is distinguished:

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1. Calculate the energy received and expended by the body and know how much vitality a component of this or that food has. The vitality that everyone spends in a day consists of a set of basic metabolism, specific-dynamic effects of food and sort of activity.

Basic metabolic energy is the energy required to support a person's vital processes (metabolism in cells, respiration, blood circulation, digestion, nervous system) and muscle tone in a state of physical rest (e.g., rest). It depends on a person's sex, stature, body weight, and structure, age, the hormonal balance in internal organs, and a number of other factors.

The specific - dynamic effect of food is the energy expended to absorb food into the body. Most of it (30-40%) is spent on the assimilation of proteins followed by fats (4-14%) and finally carbohydrates (4-7%). When consuming a variety of foods, i.e. a mixture of foods, the basic metabolic rate is 10%. In medicine, there is a term for controlled energy expenditure, which is energy lost as a result of physical activity and accounts for 40%.

2. Balanced diet. The second principle of the concept of nutrition is the optimal (optimal) ratio of proteins, fats, carbohydrates, vitamins, minerals and water in the food consumed.

3. Coordination of eating habits is the third rule of this concept, which includes:

- Regular meals;
- Distribution of meals throughout the day;
- Coordinate the number of meals and the time between them.

It is recommended to do the following:

- Consumption of food at a certain time of the day - this permits the formation of conditioned reflexes and in turn prepares the body for food intake. The time between breakfast and lunch, lunch and supper should be 5 - 6 hours, if you need to eat before sleep time; you ought to eat at least 1.5 - 2 hours before.
- Eat 4 meals a day - about 25% of it should be for the first breakfast, 15% for the second breakfast, 35% for lunch, and 25% for dinner.
- It is very important to pay attention to the approximate part of it when eating. Since protein-rich foods increase the excitability of the nervous system, it is better to consume them in the first half of the day, when the person is active.

During the years of independence, as a result of unprecedented improvement of science and technology within the Republic, expanding the welfare of the population, the exchange of fundamental services to technology, as noted over, leads to an increase in the number of stout and sedentary people. In most cases, obesity is one of the most reasons for the occurrence of coronary heart disease, including cardiovascular disease, low physical action, and inertia. On the contrary, regular physical activity includes a positive impact on health as follows:

- Cardiovascular - normalizes vascular activity and prevents its occurrence;

- Regular exercise lowers systolic (high) and diastolic (low) blood pressure by 5 to 10 mm Hg;
- Has a positive effect on fat metabolism in the blood and reduces the amount of cholesterol, which leads to heart disease;
- Regulates the body's need for energy and its consumption;
- Raises mood and improves general condition;
- Increases resistance to carbohydrates (diabetes);
- Obesity reduces the risk of bone and muscle diseases and tumors.

## CONCLUSION

In summary, it is clear from the above that the food devoured - the quality, sort, and quantity of food, timely and in moderation, is one of the important variables for a person to live a full life. Thus, it hence contains a critical impact on human performance, quality of life, and duration.

Anyone can prevent a number of serious diseases by following the principles of a healthy lifestyle and rational nutrition. Indeed, according to the latest data from the World Health Organization, human health and longevity account for 10 percent of cases in medicine; in 20 per cent of cases it depends on his ancestry, in 20 per cent on external influences (environmental, economic, etc.), and in 50 per cent on his lifestyle and habits (physical activity, smoking, alcohol abuse, overweight and more) including his eating habits.

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