

HEALTHY EATING IMPORTANCE OF INNOVATIVE TECHNOLOGIES IN THE FIELD

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Abstract. *In this scientific article, the importance of innovative technologies in the field of modern healthy nutrition, their role in the production of functional food products and their impact on improving public health are widely covered. Also biotechnology, nanotechnology, digital technologies , artificial intelligence, 3D food printing and intelligent packaging systems food in the industry application analysis done Innovative technologies based on work of functional products being released human organism for physiological importance scientific in terms of based on .*

Keywords : *nutrition , innovative technologies , functional food , biotechnology, digital technologies , artificial intelligence, nanotechnology, rational eating*

Today's on the day population health protection to do and various alimony of diseases ahead in receiving healthy meal issue world on a scale current importance profession is doing Urbanization, ecological problems , wrong meal and physical of activity decrease human to your health negative impact is showing . Because of this modern food in the industry innovative technologies application through the population high qualitative and functional products with provision important from tasks one is considered .

Last in years functional food work to release of technologies development human organism for biological value high was products creation possible is giving Innovative approaches not only product quality and security increase , but also their preventive and healer characteristics to strengthen both service is doing .

Modern nutrition human of the organism physiological to their needs suitable meal system to shape focused field of study is considered Scientific research human in good health of food solution doer place seizure showing .

To the concept of healthy eating according to , human organism for necessary macro and trace elements certain quantity and in ratios reception to be done necessary .

Modern in research following directions dominant importance profession is doing :

- functional products creation ;
- personalized food ;
- genomics and nutrigenomics ;
- food security ;

- digital monitoring systems ;
- ecological clean technologies .

Innovative of technologies main types :

- Biotechnology. Biotechnology is one of the fastest growing areas in the food industry.

It involves the use of microorganisms , enzymes, and biological processes with the help of product adjective improvement possible gives .

Through biotechnology probiotic products , fermented milk products , high proteinaceous products , functional drinks work is being released .

Intestinal microflora with related studies of probiotic products human immune system and digestion to the process positive the effect showing .

- Nanotechnology . Nanotechnology education of substances biological to be assimilated in progress important to the point have Nanoencapsulation technology through vitamin and minerals product in the composition far to keep possible .

Nanotechnology advantages - food of substances stability increase of vitamins the disappearance reduce , product preservation the deadline extension , biological active of substances to the body absorption improvement

- Digital technologies and artificial intelligence . Modern food in the industry digital technologies important place holds Through artificial intelligence - automatic analysis of the ration making , counting calories , individual nutrition programs composition , product adjective control to do possible .

Smart sensors and IoT systems products to keep in the process temperature and automatic humidity monitoring possible gives .

- 3D Food Printing technology . 3D food printing — food in industry innovative from technologies one is considered Through this technology - individual rations , special dietary products , high precision functional food products is being prepared .

This technology is medicine and in sports nutrition big in the future owner

Functional food products human preventive effect on the body indicator products is considered .

Such to products probiotic yogurts , vitaminized , fiber products and drinks rich in antioxidants enters .

Innovative technologies with the help of of products biological value increases , food of substances preservation improves the amount of calories control and functional properties will be strengthened .

Innovative technologies based on work removed products immunity strengthens , digests the process improves heart and blood vein diseases danger reduces diabetes prevention help gives and substances exchange regulates .

Also functional products human organism vitamins , minerals , antioxidants and nutrition fibers with enriches .

Uzbekistan is a rich country farm to resources owner country is considered Local functional products from raw materials work to release big economic and social to the point have It is especially promising to create functional products based on pumpkin, mash, peas, flax seeds and fruit and vegetable powders.

The introduction of innovative technologies in the food industry improves public health, increases export potential, reduces dependence on imported products, and ensures food safety.

The use of innovative technologies in the field of healthy nutrition is important for improving public health, producing functional products and ensuring food safety. Biotechnology, nanotechnology, artificial intelligence and digital technologies food of the industry modern in development main from factors one as service is doing .

Innovative technologies based on work functional products being released preventive medicine in the future and rational meal of the system important to the part rotation is expected .

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