

HEALTHY EATING IS THE GUARANTEE OF HEALTH

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Annotation

This article extensively covers the role of healthy nutrition in human health, its basic principles, and the possibility of preventing diseases through proper nutrition. It also provides detailed information on the consequences of poor nutrition in a modern lifestyle and important factors in the formation of a healthy lifestyle.

Keywords; *Healthy nutrition, diet, vitamins, minerals, balance, food, immunity, organism, diet, health*

Log in

A healthy diet is an integral part of human life and ensures not only physical, but also mental health. The human body must regularly receive all the nutrients necessary for the proper functioning of the body. Today, the issue of healthy eating becomes more urgent due to the prevalence of fast food, artificial supplements and unhealthy eating habits.

Key Section

The concept of healthy eating

Healthy eating is a balanced intake of protein, fat, carbohydrates, vitamins and minerals in accordance with the needs of the body. Depending on the age, gender, activity and health status of each person, their diet is different.

Proper nutrition is based on the following basic principles:

The variety of feed

Normative

Timely meals

Use of quality products

The Importance of Healthy Eating

A healthy diet has the following positive effect on the human body:

Strengthens immunity

increases the ability to cope with diseases

Improves performance

Increases life expectancy

Helps prevent excess weight

It also plays an important role in the prevention of diseases such as cardiovascular diseases, diabetes, obesity.

The role of nutrients

Proteins

Proteins are the building material of the body. They are important in the restoration and renewal of cells.

Fats

Fats are a source of energy and contribute to the absorption of certain vitamins. But excess fat intake can be harmful.

Carbohydrates

Carbohydrates are the main energy source. It is important to consume them in moderation.

Vitamins and minerals

Vitamins are necessary for the normal functioning of the body, thereby strengthening immunity. And minerals strengthen bones and tissues.

The consequences of poor nutrition

Improper nutrition leads to the following problems:

Seizure

Heart Diseases

Tell me diabetes

Disorders of the digestive system

Vitamin deficiency

Especially fast food and carbonated drinks are harmful to their health.

Rules for healthy eating

Adhering to the following rules ensures a healthy lifestyle:

1. At least 3 meals a day
2. Eating more vegetables and fruits
3. Limit salt and sugar
4. Drinking enough clean water
5. Reduce fried foods
6. Use of natural products
7. Healthy eating in modern life

Today, the incidence of malnutrition is on the rise as people spend a lot of time in work. Therefore, it is important to form a culture of healthy eating.

Going in for sports, an active lifestyle and proper nutrition together ensure human health.

Conclusion

Healthy eating is the key to a healthy life. Everyone is responsible for their health and follows the rules of proper nutrition. It not only prevents diseases, but also improves the quality of life of a person.

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