

**NUTRITION IN FORMING A HEALTHY LIFESTYLE**

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**Annotation:** In the formation of a healthy lifestyle, along with the development of mass physical culture, it is necessary to establish a rational diet.

**Key words:** Healthy lifestyle, rational nutrition, mass physical culture.

**Аннотация:** Соғлом турмуш тарзини шакллантиришда оммавий жисмоний маданиятни ривожлантириш билан биргаликда рационал овқатланишни ҳам тўғри йўлга қўйиш зарур.

**Калит сўзлар:** Соғлом турмуш тарзи, рационал овқатланиш, оммавий жисмоний маданият.

**Аннотация:** При формировании здорового образа жизни наряду с развитием массовой физической культуры необходимо правильно наладить и рациональное питание.

**Ключевые слова:** Рациональное питание, массовая физическая культура.

## **Introduction**

During the pandemic period, the important and urgent tasks are to create a healthy lifestyle in society, prevent diseases, and attract large sections of the population, especially young people, to engage in physical education and sports, promote the importance of mass sports in human and family life, and the fact that it is the basis of physical and spiritual health. stands[1].

According to the World Health Organization, the problem of overweight and obesity will increase worldwide in the next few decades. According to the results of the research conducted among the population by the Ministry of Health of the Republic of Uzbekistan together with the World Health Organization, two- thirds of the population do not consume enough vegetables and fruits every day (less than 400 grams) , half of the population is overweight, that is, obesity is found in every fifth of the adult population. , it was noted that 46% of the population had an increased level of cholesterol in the blood [2].

Today, the most urgent problem is to involve the mass physical culture in order to improve the health of the general population, increase the level of work ability and live an active long life. Of course, people who are engaged in physical culture with a healthy orientation should know not only how to properly organize their activity regime, but also how to eat rationally.

**The purpose of the study:** Identifying the most common mistakes in the actual nutrition of mass physical culture practitioners.

**Research tasks:** to determine the reasons for the violation of the ratio between the main components of food, proteins, fats, and carbohydrates, and to study the consequences of nutrient deficiencies in the body.

**Research methods:** Conducting questionnaires on the daily routine of mass physical culture participants.

**Analysis of results:** Analysis of food from the point of view of the theory of balanced nutrition helped to identify the most common mistakes in the actual nutrition of mass physical culture.

The main error is a violation of the standard ratio between the main components of food, proteins, fats, carbohydrates. Practice shows that high-calorie and high-quality products are often followed by excessive use of fat and carbohydrate sources. In particular, animal fats are used excessively (fat, melted butter, sour cream, fatty sausages, etc.), ultimately this leads to deficiencies such as unsaturated fatty acids for such a fixed component.

Pastry foods are abundant in the diet of people engaged in mass physical culture, cakes, tarts, all kinds of sweet soft drinks, only sugar, cookies, candy, ice cream, etc. In most cases, only white bread is used, consumption of coarse cereals and coarse bread rolls is very limited.

In addition, vegetables, fruits, greens, berries and juices are not enough, in turn, poor nutritional balance in terms of mineral and vitamin content, causes a lack of dietary fibers and many biologically active substances in the body.

Thus, summarizing the above, we can distinguish two violations in the diet of people engaged in mass physical culture - on the one hand, a clear imbalance in the diet and on the other hand its excessive caloric content.

But this is not the end of the mistakes in the diet of this category of people. Most often, the diet is not regulated, food intake is carried out only 2-3 times a day, usually it is eaten in abundance in the evening. Inadequate energy value in the diet even has a negative effect on this health.

General rules of therapeutic nutrition for overweight and obesity are offered by experts:

1. Low-calorie diet. Today, on average, 800 to 1800 kcal of energy can be consumed. The goal of this diet is to accelerate weight loss to 1-2,5 kg per week and maintain muscle mass. It is enough to add 70-100 g of protein, 15 g of fat, and 30-80 g of carbohydrates to the daily diet. In this diet, it is important not to forget that the quality of proteins should not be reduced. Poor quality proteins can cause excessive loss of body weight and muscle function, side effects such as sensitivity to cold, fatigue, headaches, muscle cramps, constipation and even organ failure.
- 2) Limit the consumption of animal fats, sugar and glucose by increasing vegetable fats. Limiting animal fats in the diet, as well as limiting fast-digesting carbohydrates, leads to very good results. A decrease in body weight and a decrease in waist size are evident.
- 3) A large amount of food (raw vegetables, fruits), creating a feeling of satiety at the expense of low calories. Eating fruits and vegetables instead of sweets provides carbohydrates that are natural for the body. Fruits and vegetables should also be eaten in moderation. An increase in the amount of glucose in them also causes an increase in body weight.
- 4) Increasing the frequency of meals (up to 6 times a day), which eliminates the feeling of hunger without increasing the amount of food and energy.
- 5) Normalization of water-salt exchange by limiting 1-1,5 liters of liquid and up to 5 g of salt per day.

In order to prevent vitamin deficiency, it is necessary to engage in mass physical culture along with rationalization of nutrition. of course, it is necessary to carry out additional vitaminization in winter and spring.

**Conclusion:** In order to lead a healthy lifestyle, it is very important to organize proper nutrition along with mass physical culture. For this, it is necessary to widely use products that are natural in providing nutrients to the body. It is necessary to enrich the daily diet with various food components. Only then there will be no shortage of proteins, fats, carbohydrates, vitamins and minerals. Overweight, obesity and related diseases are prevented among the population.

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