

THE LAWS OF CORRECT DIET AND THE CONSEQUENCES OF IMPROPER DIET

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Abstract

This research paper is devoted to one of the subsections of the science of hygiene – nutrition hygiene. Moreover, proper nutrition and some serious consequences of improper nutrition are also in the center of discussion of this scientific article. This scientific work was written to study and analyze: the impact of food products on human health and development; prevention of negative consequences that may occur as a result of body saturation; increasing the benefit of consumed food; studying the characteristics of a person's diet based on his sex, age and constitutional characteristics.

Introduction

Relevance of the Work

Nutrition hygiene is a subsection of the science of hygiene. The features which are studied in this field are the effects of food products on human health and development, prevention of negative consequences that may occur as a result of body saturation, increasing the benefits of consumed food, and based on the sex, age and constitutional characteristics of a person, his nutrition. [1,2,3,4] As a result of the development of the direction of "nutrition hygiene", such a science as dietology, which studies healing and proper nutrition, was born.[6,8]

Below are the five main requirements of nutrition hygiene: [5,7,9]

1. Equality of the energy value of the daily ration and the amount of energy consumption during the day (the amount of consumption depends on the person's age, gender, lifestyle and profession).
2. Correspondence of the proportions of consumed food and the characteristics of the organism. The ratio of the main components of food (proteins, fats and carbohydrates) should be 1:1:4 on average, 1:1:5 in people with a lot of physical activity, and 1:0.8:3. in people engaged in mental activity.
3. Eating food products that do not harm health (without chemicals, etc.).
4. Distribution of meals during the day — the optimal option is to eat 4 times a day with 4–5-hour intervals. In this case, breakfast should make up 25% of the daily ration, lunch - 35%, second lunch - 15%, and dinner - 25%.
5. Compliance with food safety in terms of sanitary-epidemiological norms.

Research Objective



The world around us, including the food we eat, is full of a large number of microorganisms, which may not always be beneficial or safe for us. Most of them, if there are favorable conditions for this, can multiply and produce strong poisons, which can have a very negative effect on human health when they enter the body together with food. Such microorganisms are bacteria, yeast and mold.

Mold can form in food products when the environment is favorable (warm, dark, moist, etc.). Mold fungi can cause severe food poisoning when they enter the body. Yeasts can thrive in foods that contain moisture and sugar. Their entry into the body is not good for the body.

Harmful bacteria spoil the quality of food, and as a result, poisoning can also occur. They can enter the human body in the following ways:

- Unwashed hands;
- Dirty surface;
- Dirty water;
- Burns and injuries;
- Domestic (and not only) animals, etc.

Materials and Methods

In order to strictly observe food hygiene, the following recommendations should be followed:

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| ✓ Washing fruits and vegetables; | ✓ Timely removal of waste from the kitchen; |
| ✓ Paying attention to the expiration date of the product; | ✓ Do not rush when eating; |
| ✓ Drink only boiled water; | ✓ Chew food well; |
| ✓ Wash your hands thoroughly; | ✓ Do not drink liquids during meals; |
| ✓ Do not eat food with your hands and do not lick your fingers while eating; | ✓ Start the meal with liquid foods first and end with thicker foods; |
| ✓ Disinfection of frequently used food items (knife, fork, etc.); | ✓ Eat at the same time every day; |
| | ✓ Use only properly processed products (thermal, etc.). |

Results and Discussion

Nutrition hygiene refers to the practice of maintaining proper hygiene and safety measures when it comes to food consumption. It encompasses various aspects of food handling, preparation, and consumption to ensure that the food we eat is safe, nutritious, and free from contaminants that could cause harm. Proper nutrition, on the other hand, involves consuming a balanced diet that provides the necessary nutrients, vitamins, and minerals required for optimal health and well-being.

Here are some key points related to nutrition hygiene, proper nutrition, and the consequences of improper nutrition:

Nutrition Hygiene:

Food Safety: Proper nutrition hygiene involves ensuring that the food you consume is safe to eat. This includes storing food at the correct temperature, washing hands and cooking utensils thoroughly, and avoiding cross-contamination between raw and cooked foods.



Clean Water: Access to clean and safe drinking water is essential for good nutrition hygiene. Contaminated water can lead to various health issues.

Food Storage: Storing food properly can prevent spoilage and foodborne illnesses. This includes refrigerating perishable items, using airtight containers, and following recommended storage guidelines.

Food Preparation: Properly preparing food by cooking it to the right temperature and ensuring it is fully cooked can kill harmful bacteria and pathogens.

Personal Hygiene: Maintaining personal hygiene, such as washing hands before handling food, is crucial in preventing food contamination.

Proper Nutrition:

Balanced Diet: A balanced diet includes a variety of foods from different food groups, such as fruits, vegetables, grains, protein sources, and dairy products. This provides a wide range of nutrients necessary for health.

Portion Control: Consuming appropriate portion sizes helps in maintaining a healthy weight and preventing overeating.

Nutrient Intake: Proper nutrition involves getting an adequate intake of essential nutrients like vitamins, minerals, protein, carbohydrates, and healthy fats.

Hydration: Staying adequately hydrated is a key component of proper nutrition. Water is essential for digestion, absorption of nutrients, and overall bodily functions.

Avoiding Excess Sugar, Salt, and Saturated Fats: Reducing the consumption of excessive sugar, salt, and saturated fats can help prevent chronic diseases like obesity, hypertension, and heart disease.

Consequences of Improper Nutrition:

Malnutrition: Inadequate intake of essential nutrients can lead to malnutrition, which can manifest as undernutrition (insufficient nutrients) or overnutrition (excessive nutrients, often leading to obesity).

Health Problems: Poor nutrition is linked to various health problems, including heart disease, diabetes, osteoporosis, and certain cancers.

Weak Immune System: A diet lacking in essential nutrients can weaken the immune system, making the body more susceptible to infections.

Growth and Development Issues: Inadequate nutrition during childhood can lead to stunted growth and developmental delays.

Mental Health: Nutrition can also impact mental health, with deficiencies in certain nutrients being associated with conditions like depression and anxiety.

Weight Issues: Improper nutrition can contribute to obesity or underweight conditions, both of which have associated health risks.

Conclusions

Nutrition hygiene refers to the practices that ensure the safety and quality of food from production to consumption. It includes measures such as proper storage, handling, and preparation of food to prevent contamination and spoilage.

Proper nutrition is essential for maintaining good health and preventing chronic diseases. A healthy diet should include a variety of foods from all food groups, including fruits, vegetables, whole





grains, lean proteins, and healthy fats. It's also important to limit the intake of added sugars, saturated fats, and sodium.

Consequences of improper nutrition can be severe and long-lasting. Poor nutrition can lead to malnutrition, which can cause stunted growth, weakened immune system, anemia, and other health problems. Overconsumption of unhealthy foods can lead to obesity, type 2 diabetes, heart disease, and other chronic diseases.

In conclusion, nutrition hygiene and proper nutrition are essential for maintaining good health and preventing a wide range of health problems. Paying attention to food safety and making informed dietary choices can have a significant impact on one's overall well-being. On the other hand, neglecting proper nutrition can lead to a host of health issues and complications.

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