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## **PROPER NUTRITION PRINCIPLES FOR WOMEN DURING MENOPAUSE**

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### **Annotation:**

Healthy nutrition is necessary at any age, but in old age it is especially important to avoid risks associated with heart diseases, diabetes, obesity, and other chronic ailments. The quantity and quality of food are determined by age, gender, and the nature of the work performed. The diet of elderly people significantly differs from that of the young. An elderly person requires fewer calories than a young one, which is related to decreased physical activity and metabolic characteristics. However, the reduced-calorie diet must contain sufficient amounts of mineral salts, vitamins, and proteins. The overall calorie intake for elderly people should be reduced mainly by cutting down on animal fats and simple carbohydrates.

**Keywords:** Elderly population, strength, dietary supplements, proper nutrition and diseases.

Despite the achievements in the field of clinical and preventive medicine, the number of different diseases continues to increase annually: cardiovascular, gastroenterological, endocrine, oncological, gynecological and other systems. Such alimentary-dependent diseases as obesity, arterial hypertension, diabetes mellitus, menopausal syndrome, etc. have acquired the character of an epidemic in modern society. In most cases, they are the main cause of death and disability of the population and account for a significant proportion of the loss of working time due to temporary disability. However, the experience of those countries where significant reductions in morbidity and mortality have been achieved suggests that success is largely related to lifestyle changes. Nutrition is one of the factors of maintaining a normal physiological state and working capacity at any age. A balanced diet according to age has a positive effect on the development of the body's



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aging processes and the nature of the changes that occur in its various systems. Rational nutrition is an essential part of a healthy lifestyle, prevention and treatment of most non-communicable diseases. A healthy and rational diet is of paramount importance for the prevention of many diseases. The role of individual macro-micronutrients and minor non-food biologically active components of food in regulating the functional activity of organs and systems and reducing the risk of developing a number of diseases has been deciphered. The lack of micronutrients in food currently occupies a leading place among the factors of negative impact on public health.; It contributes to a sharp decrease in the body's resistance to adverse environmental influences due to impaired functioning, primarily of antioxidant defense systems, and largely determines the formation of secondary immunodeficiency states.

**Research materials and methods.** It should be noted that the problem of overweight and obesity remains relevant for the population of the Republic of Uzbekistan as a whole (they are observed in 48% of adults over 40 years of age, especially women. Rational nutrition is a means of normalizing the state of the body and maintaining its high efficiency. The main elements of a rational diet are its compliance with physiological needs in quantitative and qualitative terms, balance and proper nutrition. Balanced nutrition is a diet that provides optimal ratios of nutritional and biologically active substances that can maximize their beneficial biological effects in the body.

**Results of the study:** The principles of balancing proteins, fats, and carbohydrates have been studied and developed to the greatest extent. The balance of these substances has been determined for a long time and belongs to the very origins of the origin and development of nutrition science. In all age and occupational groups of the population, the following ratio of proteins, fats and carbohydrates is accepted: 100g of protein, 100g of fat and 400g of carbohydrates per day (1:1:4), with the exception of conditions of heavy physical labor. Depending on the age, adjustments are needed in the ratio of proteins, fats and carbohydrates. In particular, at the age of over 50, it is advisable to reduce fat and carbohydrates, which, while maintaining an



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overall balance of proteins, fats and carbohydrates in diets, will reduce its caloric content. Proteins are vital substances, without which life, growth and development of the body are impossible. They are the most important component of nutrition, providing the plastic and energy needs of the body. The main purpose of proteins is plastic function. However, they are also involved in the energy balance of the body, especially during periods of high energy expenditure or when food contains insufficient amounts of carbohydrates and fats. This applies not only to all types of sausages, sausages, sausages, etc. By-products should be treated with caution. As for eggs, only one per week is acceptable, since the yolks contain a lot of cholesterol. There are practically no restrictions on the consumption of fish and seafood, but they should be introduced into the diet gradually: first 1-2 fish dishes per week, and then more. A woman's diet must include sources of calcium and phosphorus, and above all, milk and dairy products. It should be borne in mind that the less fat there is in milk, the more calcium it contains. Fats are among the main food substances and are an essential component in a balanced diet. The physiological significance of fat is very diverse. Fats are a source of energy that surpasses the energy value of all other substances.

**Conclusion.** 1. It is recommended to include bran in your diet. They are tasteless in their raw form, but they are a very valuable product, as they contain B vitamins, normalize intestinal function and resist constipation.

2. To increase the bran content in the diet, they can be added to soups, porridges, salads, and cutlets. The taste of your favorite dish will not change from this, but it will become even healthier and tastier.

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