

PREVENTION OF DISEASES THROUGH PROPER NUTRITION

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Annotation. Preventive Nutrition is a branch of nutrition science with the goal of preventing, delaying, and reducing the impacts of disease and disease-related complications. It is concerned with a high level of personal well-being, disease prevention, and diagnosis of recurring health problems or symptoms of discomfort which are often precursors to health issues.

The aim. Here are three reasons why following a healthy diet is important: Firstly, to maintain health by preventing loss of muscle strength, bone mass, and vitamin deficiency states. Secondly, to prevent diseases such as heart attacks, strokes, obesity, osteoporosis, and certain cancers. Which are the most common problems are including. Final reason is to help control and treat chronic diseases and conditions such as high blood pressure, diabetes, sleep apnea, and celiac disease. As a coin also has two sides, there are some advantages and disadvantages of consuming healthy. As the beginning, proper nutrition can lower the risk of developing chronic conditions such as heart disease, diabetes, obesity, and certain cancers. For example, consuming a diet low in saturated fats and high in fruits, vegetables, and whole grains can reduce the risk of heart disease. In addition, proper nutrition is essential for children's growth and development. Adequate intake of nutrients like protein, calcium, iron, and vitamins supports healthy bone development, cognitive function, and overall growth. They are so essential for future of the world because, future belongs to children. But there are disagreeable sides that are overemphasis on nutrients; cultural and social factors. Overemphasis on Nutrients: focusing solely on specific nutrients or dietary components for example, low-fat or low-carb diets, without considering overall dietary patterns can lead to imbalances and potentially negative health outcomes. It's essential to prioritize a holistic approach to nutrition rather than fixating on individual nutrients. Cultural and social factors: dietary preferences and cultural practices can influence food choices and may not always align with nutritional recommendations. Additionally, social pressures or traditions surrounding food consumption can make it challenging to adhere to a healthy diet. Especially, in Uzbekistan, most of traditional foods are oily. But Uzbek cultural cuisine is so famous around the world and lots of tourists come to eat them. Through not following healthy lifestyle people can get obesity. Most common reasons are no activity and eating unhealthy food. Endocrine diseases such as less working of thyroid glandula also can cause obesity. But some inhabitants have hereditary predisposition, too. More than fifty present of heart disease risk factors are according to not following proper nutrition. For instance, alcohol, smoking, unhealthy food and drinks, obesity and high cholesterol. Heart diseases are the most widespread illnesses around the world.

Result of researches show that, according to distribution by day, 25% of students have breakfast in the morning. 17% have breakfast but not every day, other 58% do not have breakfast. We all know that most of nutrients and calories that people must own are through morning breakfast. In addition, almost all of them said that they have dinner after 7p.m. According to what they eat, 60% of students' foods are from bakery, the cause is bakeries are nourishing, cheap and fast to get. 70% of students do not have nuts every day. 54% of students like snacks, chocolate and eat them every day. But the good side is most of students eat eggs regularly, because human body is not able to produce

these kind of proteins. After the research recommendations are given to students. They are in two types, first is healthy eating plate, second is about how much should they be eating during the day especially which part of the day. Healthy eating plate determine that in the bigger part of plate must be fruits and vegetables and there is also a place for healthy oils. Other places of the plate has nuts, ingredients with protein and etcetera. With the second way, people should consume most part of energy in the first part of the day and to dinner they should eat meal in lower calories. As sneak students can eat some fruits, dried fruits or nuts. Additionally, water balance is one of the most essential parts in healthy eating lifestyle. Water that clean and enriched with beneficial salts is the best choice. Water with lemon and some fruit juices are been able to be helpful for our life. Every people must know this rule of life “Good food loads to good health and good health loads to good life”. Disease prevention is both easy and cheap, all humans should understand this.

Conclusion. Taking everything into account, the prevention of diseases through proper nutrition is a vital aspect of overall health and well-being. By consuming a well-balanced diet rich in essential nutrients, individuals can bolster their immune systems, reduce the risk of chronic diseases, and support optimal growth and development.