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FEEDING PROCEDURE

Abstract: The human body receives almost all necessary substances through food and water. The composition of food products and their properties have a direct impact on health, physical development, work ability, emotional state and, in general, the duration and quality of life. It is difficult to find another factor that can affect the human body in such a way.

Key words: organism, heredity, rationality, carbohydrates, proteins, mineral substances, lipids, psyche, vitamins, metabolism, glucose.

Introduction: According to a number of scientists, 50% of physical health depends on a person's lifestyle, which includes eating habits. Heredity and environmental factors account for 20%, and the level of medical care accounts for only 10%. There are many theories about proper nutrition, and new information appears almost daily. ladi Some of them say that it is necessary to limit meat, others say that a diet consisting of only certain products is the key to getting rid of any diseases. In fact, the human body is a very complex system, for its normal functioning it requires both meat and vegetable dishes. Therefore, it is very important to know the rules of proper nutrition. Following dubious recommendations in this regard can cause serious health problems. The human body lives and fills its daily energy needs through food. The composition of food products will definitely consist of protein, fat, carbohydrates, water, minerals, vitamins and other additives. In the processes of matter and energy exchange, the above-mentioned substances increase the standard way of life and activity. The demand for food depends on a person's age, gender, profession, lifestyle, region, drinking conditions and physical activity. The composition of all food substances is divided

into two groups: organic (these include proteins, fats, carbohydrates, nutritional acids, vitamins and enzymes) are divided into groups.

The main part: First of all, it is necessary to start with making a firm decision about proper nutrition. A few simple rules on which almost all modern dietetics are based and which will help you quickly learn the principles of healthy eating are:

• Rule 1. Avoid fast food completely and try not to abuse sweets;

• Rule 2. Eating seasonal products as much as possible - they contain the most nutrients. Winter vegetables and fruits grown in greenhouses or brought from afar, due to the richness of chemicals and long-term storage, not only lose all their useful properties, but also become an accumulator of nitrates and other harmful chemical compounds;

• Rule 3. Limit as much as possible the use of refined products: sugar, vegetable oil, white wheat flour, refined white rice. They do not have fiber, which has a negative effect on the digestive system, as well as on the nutrition of the beneficial bacteria living in the intestines. Therefore, instead of white bread, it is better to eat cereal, and instead of refined sugar, it is better to use brown or even honey;

• Rule 4. Drink water. Tea, coffee or juices cannot replace water. A person should take at least 30-35 ml of liquid per 1 kg of weight per day. Sweet carbonated drinks are completely prohibited, they contain a very high amount of sugar;

• Rule 5. Do not forget about protein foods. They keep a feeling of fullness for a long time and are rich in amino acids. Proteins are necessary for the body to form muscle tissue and renew old cells. Protein-rich foods include a variety of meats, fish, squid, shrimp, nuts, mushrooms, some legumes, eggs, and cottage cheese.

Meal plan:

• Rule 1. Adherence to the diet is strictly considered. Eating too little, eating too often or constantly snacking is harmful. It is considered optimal for a healthy person to eat 4-5 times a day, not exceeding 5 hours between meals. If the interval between meals is too long, the metabolism slows down and the body goes into a saving mode. As a result, body fat begins to accumulate. In addition, you should not eat in front of the TV or at work, because in this case the brain perceives satiety later;

• Rule 2. Eating fresh vegetables and fruits every day. The recommended amount of each is 300 g. In this way, the body will have all the necessary vitamins and fiber. You can also put sliced fruits in a bowl and take them to work or study. Of course, it is very difficult to immediately and completely change your habits and give up a delicious cake with a cup of bitter coffee. It can take a lot of willpower and strength. For this reason, you can eat a sausage sandwich or a cake from time to time. The main thing is that it does not become a daily meal. Recommended products All products used for food can be conditionally divided into "useful" and "harmful" types. It is recommended to include useful products in the daily diet: they are rich in amino acids, vitamins, micro- and macroelements, fatty acids, fiber. In addition, they are easily digested, do not slow down the metabolism and do not have a harmful effect on health. These products traditionally include: 1. Freshly cut fruits and vegetables (vitamin C, fiber). 2. Cereals and porridges made from them (vitamins B, E, magnesium, potassium, folic acid). 3. Dried fruits and nuts (vitamins, fatty acids, protein). 4. Poultry (protein, amino acids, vitamins A, B, E). 5. Fish and seafood (protein, polyunsaturated acids) , vitamins D, E, B12, calcium, phosphorus). 6. Dairy products: sour cream, cottage cheese, yogurt (calcium, protein, amino acids, vitamins D, A, B12, carbohydrates). 7. Green tea (vitamins, minerals , polyphenols). 8. Vegetable oils obtained by cold pressing (phospholipids, linoleic and other polyunsaturated acids, vitamins A, D, E). 9. Honey (vitamins, minerals, glucose, fructose, phytoncides, fast carbohydrates). 10. Cereal bread (fiber, enzymes, amino acids).

Conclusion: In fact, it is not so difficult to change eating habits. A small temporary discomfort caused by this cannot outweigh the benefits of proper nutrition for the body Healthy nutrition can be understood as the correct combination of these products, because they undoubtedly benefit the body and can not only be healthy, but also strengthen it. For example, nutritionists recommend eating vegetable salads with boiled grains and olive oil. By the way, it is not recommended to eat cucumbers and tomatoes mixed in a salad - sliced

cucumbers contain C in tomatoes. a special enzyme that breaks down vitamin A is released. Cabbage, asparagus, zucchini, radish, cucumber are suitable for meat, fish and poultry. It is advisable to eat fruits separately, one hour before or after meals.

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