

# PSYCHOLOGICAL IMPACT OF HEALTHY EATING

**Bak. Jamolova Munisa Jovliyevna**

**Bak. Misirova Sojida Azamatovna**

**Bak. Abdusamatova Maftuna Akbarovna**

**V.V.B. dots. Xolmurodov Bahodir Bahromovich**

Against state technique university Shahrisabz food engineering faculty

[bahodirkholmurodov1994@gmail.com](mailto:bahodirkholmurodov1994@gmail.com)

## Abstract

This in the article healthy of food human spirit and emotional to the state impact scientific point from the point of view seeing Research this shows that eating not only physical to health , maybe human emotional balance and spiritual directly to the stability impact shows . Various food products brain activity , stress level and to the mood how impact to do having studied We will go out . From now on except for some important vitamins and minerals shortage depression and to worry reason to be possibility also think about we walk.

**Keywords :** healthy nutrition , psychological affect , emotional condition , mood , stress, nervousness system , nutrition culture , brain activity.

## Introduction

Human organism complicated system he is his own activity correct food through in balance hold Today 's on the day many scientists rational of food not only physical health , maybe human psychological too big for the situation impact to show emphasizes. Eating human mood governing neurotransmitters - serotonin, dopamine and endorphins working to be released directly impact does [1] Omega- 3 fatty acids and Group B products rich in vitamins depression and stress level to reduce help gives [2] . On the contrary , sugar and fast carbohydrate- rich foods short term flavor to give possible , but their excess consumption far term depression and to worry take arrival probability high [3] .

This in the article healthy food and psychological prosperity between dependency scientific evidence based on analysis will be done.

## Materials and methods

In the study healthy of food human psychological to the state the impact to study related various scientific articles , research works and statistic from data used. Article following methods based on formed :

1. Literature analysis - Harvard Medical School, WHO and other influential from sources taken research studied.
2. Experimental research results – nutrition and psychological health between dependency confirmatory statistic information analysis was done.
3. Physiological and biochemical processes – human brain and nerve to the system impact doer nutritional substances mechanism explained.

## Results

### *Neurotransmitters and food*

Human mood and spiritual status neurotransmitters through managed . Their synthesis for important was food structural parts the following :



- Serotonin – " happiness " hormone " and mood improves and calms down [4] . His working release for tryptophan amino acid necessary It is fish , eggs , nuts and milk in products many occurs.
- Dopamine – motivation and joy feeling for responsible neurotransmitter [5] . His harvest to be for meat , legumes products and nuts important is considered.
- Endorphins – stress reducing and prosperity feeling increasing natural hormones is physical activity , chocolate consumption to do and nice experiments through increases [6] .

Neurotransmitters working release rational food with directly related is wrong food this the process to break possible.

### ***Stress and food***

Healthy eating stress levels reduce and nerve system to stabilize help gives . In a state of stress cortisol hormone increased in the body certain changes brought releases [7] The following substances to stress endurance in increasing important importance has :

- Magnesium- rich foods ( *almonds , green vegetables* ) – nerve system calming , cortisol amount reduces [8] .
- Vitamin C ( *citrus) fruits , kiwi , bulgur pepper* ) – for stress against endurance increases and immunity strengthens [9] .
- Excess of fast carbohydrates ( *sweets , fast food* ) consumption when done, stress further strengthening , hormonal balance to break possible .

### ***Depression and food***

Wrong food depression development the risk increase possible . Research this shows that certain food structural parts shortage nerve to the system negative impact shows :

- Group B vitamins ( *all) cereal products , eggs , greens* ) – nervous system strengthens and depression prevent takes.
- Probiotic products ( *yogurt , kefir , fermented vegetables* ) – intestines microflora improve through mood stabilizes.
- Sweets and fast to be prepared food – long term to depression reason to be possible , because they in the blood sugar amount sharp changing energy to the shortage take is coming.

### **Discussion**

Results this apparently healthy food human psychological to stability directly impact shows . Serotonin, dopamine and endorphins working release balanced ration with Omega- 3 fatty acids , group B vitamins , iron, magnesium and probiotics like food structural parts mood stabilize , stress and depression the risk reduces . On the contrary , it is harmful food habits psychological problems brought release possible.

These results modern psychology and medicine research with suitable is coming . Good health food habits formation spiritual health improve for important factor become service does.

### **Conclusion**

Healthy food human spiritual health maintain stress levels reduce and mood in stabilization important role plays . Research this It turns out that it is true. chosen food products brain activity well, optimal functioning of neurotransmitters release Provides : Serotonin, dopamine and endorphin such as neurotransmitters amount of omega-3 fatty acids, group B vitamins, iron, magnesium and probiotics with provided ration through increases , this and human mood improves , stress and to depression tendency reduces .

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