

PROBLEMS AND SOLUTIONS OF FOOD SAFETY

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Annotation: The article is devoted to the safety of milk and dairy products and its peculiarities in our country, which is one of the most pressing problems of our time. In addition, samples taken from milk and dairy products and the results of laboratory tests are revealed on the basis of hygienic analyses, and appropriate conclusions and recommendations are given. The results show that 286 (15.78%) samples of milk and dairy products did not meet hygienic requirements.

Keywords: population, milk, dairy products, food safety, health, healthy nutrition, chemical indicators,

Relevance: The role and importance of the agrarian sector in ensuring food security of the population on a global scale is increasing day by day. Milk and dairy products play an important role in satisfying the population's demand for a unique nutrient, that is, protein, and improving the composition of consumed food.

According to the data, last year the volume of milk production in the republic amounted to 11,009.9 thousand tons, the annual consumption of milk and dairy products was almost equal to all types of food products

accounted for 16%. Milk contains proteins, fats, milk sugars, mineral salts, water, organic acids, vitamins, enzymes, etc., which are necessary for the normal development of the human body exists. On average, cow's milk contains 3.8% milk, 4.7% milk sugar, 3.3% proteins, 0.7% minerals, and 87.5% water.

Milk and dairy products are among the products with high nutritional value: they contain a significant amount of irreplaceable nutrients and have a high level of digestibility and absorption. Milk and dairy products are the main source of animal protein (non-essential amino acids), calcium, vitamins B2 and A. This disambiguation page lists articles associated with the title Disambiguation. Retrieved 2015-07-11. Retrieved 2012-01-23. This seemingly simple condition can also cause the death of the elderly. Of course, other products also contain calcium, but you have to eat 15 kilograms of spinach or 1 kilogram of broccoli to replace the calcium in 100 grams of hard cheese. That is why abandoning dairy products is considered an illogical decision. Jump to search After a while, these substances enter the bloodstream. Some adults experience discomfort due to lactose deficiency or poor milk absorption. This disambiguation page lists articles associated with the Qur'an. He explained extensively the benefits of camel, goat, biya and cow milk. According to the specialist, freshly milked, natural milk is an excellent product, containing more than 200 different organic and mineral substances. Jump to search Its fat contains vitamins A and D. Milk is also an effective tool for preventing osteoporosis (bruising of bones). 80% of the daily calcium requirement can be supplemented with milk. **It has been found that daily consumption of milk reduces the risk of heart attack and stroke by 37%.** Also, those with stomach-related diseases, in particular, gastric ulcers and gastritis, should drink a lot of milk. In addition, milk satisfies thirst in the heat, as well as replaces mineral salts that come out when sweating. It contains bacteria that

raise the immune system. It also fights harmful bacteria. Yogurt is preferred over milk because it **contains a large amount of lacto-and-bifidobacteria**. Retrieved 2012-07-11. Protein balance in the body is ensured by constantly drinking yogurt. In adults and children, the intestinal microflora improves, stabilizes the digestive system. This disambiguation **page lists articles associated with the title Disambiguation**. Yogurt consumption protects the body from various diseases, including colds and viral infections, and protects it from harmful microorganisms. It is possible to give suckling babies from 8 months of age.

Ensuring food security is the key to ensuring the independence of Uzbekistan and socio-economic and political stability in the country. At present, natural disasters due to climate change, shortages of water for irrigation, drought make it difficult to grow food. Disambiguation pages with short descriptions Of course, this situation has a negative effect on us as well. The Food and Agriculture Organization of the United Nations (FAO) predicts that extreme weather and increasing geo-political tensions will threaten the global food system and could worsen the prospects for trade and global food security.

Ensuring food security is the key to ensuring Uzbekistan's independence, socio-economic and political stability in the country. He was born in Tashkent in 2015 and was born in Tashkent in Tashkent. As a result, prices in world food markets are rising. This problem is exacerbated by the global financial and economic crisis that began in 2008 and continues to this day. The policy of the Republic of Uzbekistan on healthy nutrition is to create conditions that ensure that different groups of the population meet the needs of their traditions, habits and economic conditions for rational and healthy nutrition based on hygienic requirements. In this regard, the Law "On the quality and safety of food products" was adopted in the Republic of Uzbekistan. Article 10 of this document stipulates: Introduction of new food products, new technological processes, equipment after their toxicological and hygienic examination, and veterinary examination of food raw materials taken from animals, and receipt of a hygiene certificate or conclusion of the state sanitary control body on the compliance of the product with the established norms and rules, and the inclusion of the food product in the state register Then it is allowed.

Purpose of the study: Based on the above, we aimed at hygienic assessment of the level of microbiological, that is, bacteriological contamination of milk and dairy products.

In verification materials and methods. Milk and dairy products in residential areas are the object of inspection, their microbiological indicators were laboratory checked, and the results obtained were used in accordance with the following legal regulatory documents: The law of the republic of uzbekistan "on the quality and safety of food products", decree of the president of the republic of uzbekistan dated february 16, 2024 no. up-36 "On additional measures to ensure food security in the Republic" and the Strategy for ensuring food security and healthy nutrition of the Republic of Uzbekistan until 2030.

Extracts. The total number of samples taken from milk and dairy products for bacteriological parameters was 1,813 (100%), of which 286 (15.78%) samples did not meet hygienic requirements.

Currently, food security issues are of great importance around the world. For the development and security of the country, it is important to ensure the health of the nation and the rational nutrition of the younger generation, as well as to increase the level of food provision of the population.

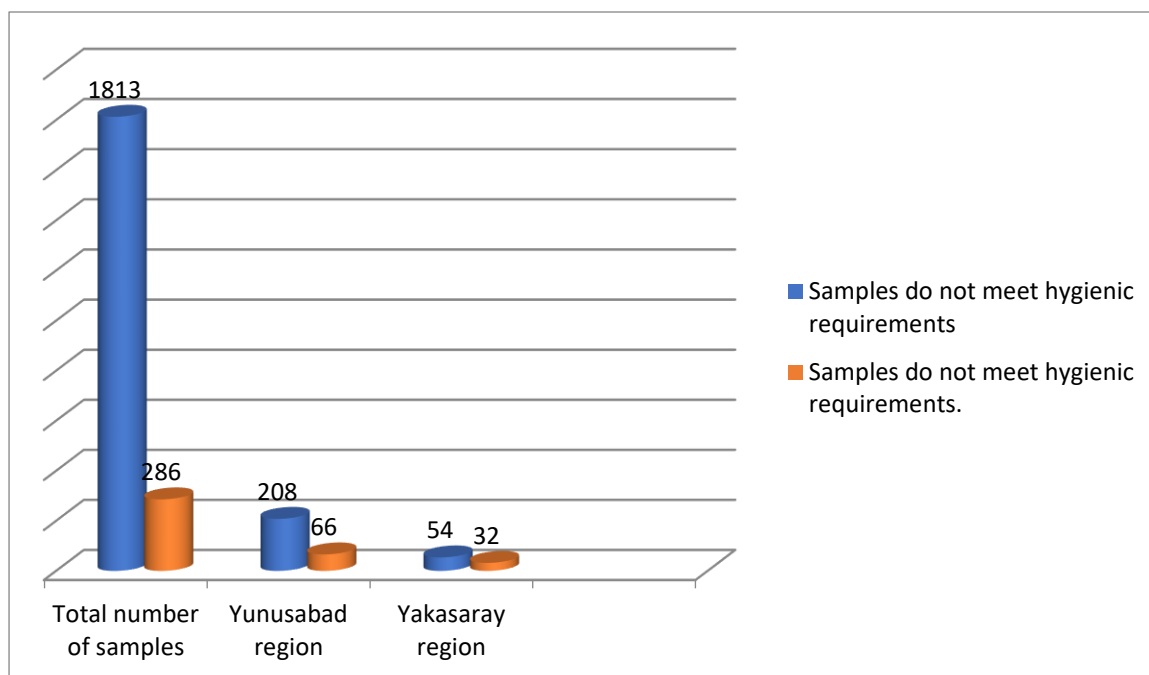


Figure 1.Results of the inspection of milk and dairy products (in absolute numbers)

Analyzing the results by districts, samples from all districts did not meet hygienic requirements, but 66 (31.92%) out of 208 (100%) samples from Yunusabad district, 32 (59.09%) out of 54 (100%) samples from Yakkasaray district did not meet hygienic requirements (Figure 2).

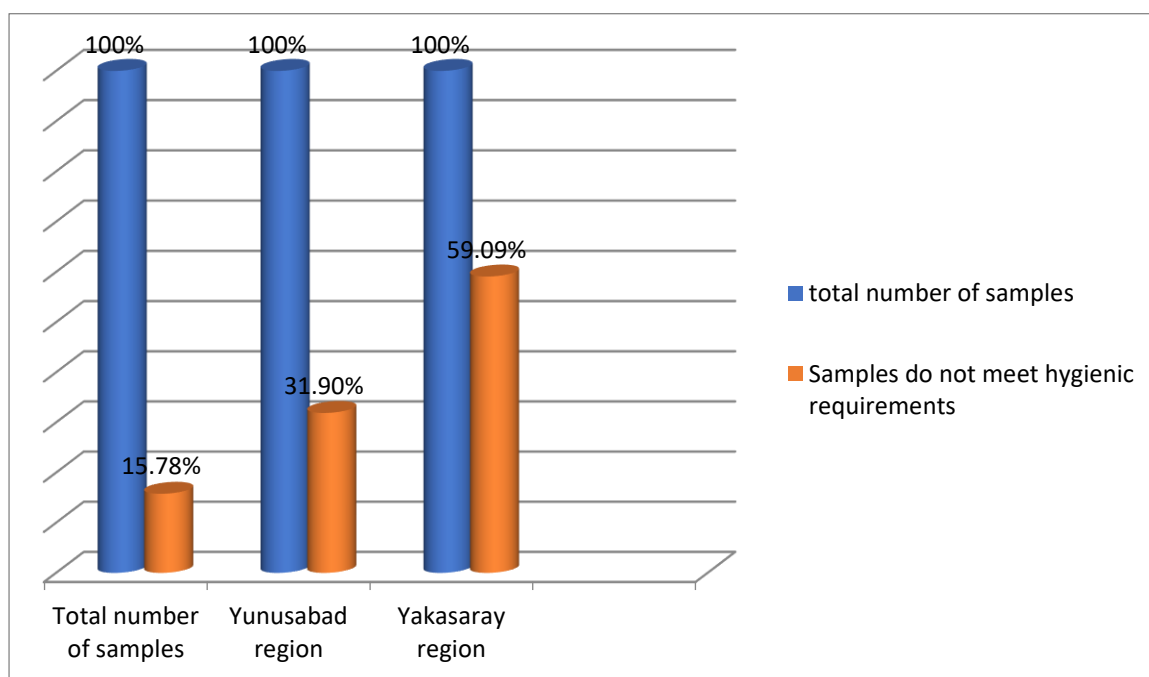


Figure 2.Results of the inspection of milk and dairy products (in percent)

The results show that 286 (15.78%) samples of milk and dairy products did not meet hygienic requirements.

Conclusion: From the above results it may be inferred that ; It is necessary to carry out constant bacteriological control of the milk and dairy products consumed by the population, so that the incidence of the population associated with milk and dairy products is not observed or is at low levels.

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