

NUTRITION FEATURES OF MEDICAL STUDENTS

Yuldasheva Ch.T.

Gulistan State University

Abstract

The problem of health protection and prevention of diseases, the development of which is partially or completely related to nutrition, remains quite relevant. The student life is very rich, diverse, and characterized by a great toll on all functional systems of the body. The analysis of the student diet through a questionnaire shows that their diet is irrational due to the violation of the quantitative and qualitative characteristics. The diet of the students involved in the study is unvaried, lacking in vegetables, fruits, dairy products, meat, and tends to skew towards excessive consumption of fast food. Most of the respondents have dyspeptic disorders. At the same time, a third of the respondents have a digestive system pathology. The results obtained are useful for solving the problem of student diet.

Keywords: students, dietary regime, rational nutrition, diet analysis.

Relevance One of the components of a healthy lifestyle is a balanced diet. The problem of nutrition is one of the factors determining the relationship between a person and the external environment. Food, unlike other environmental factors, is a multicomponent factor, which, depending on its quantity and composition, can change the functions of organs and systems of the body. Rational, balanced nutrition is necessary to ensure high mental and physical activity, replenish energy expenditure, normal functioning of organs and systems, increase the body's resistance to a number of diseases, as well as increase the duration and quality of human life. Lack of time, lack of knowledge in drawing up a diet, the modern pace of life - lead to a careless choice of products, improper organization of nutrition on their own. Thus, irrational, unbalanced nutrition becomes a serious risk factor for the development of many diseases of the digestive, cardiovascular and endocrine systems, nutritional and metabolic disorders.

The nutritional status of students is one of the important factors supporting their health and educational effectiveness. The student, finding himself in a new social environment and adapting to it, experiences the influence of many external environmental factors against the background of high academic load and lack of time. And often the student gives nutrition a secondary role, does not pay attention to diet and eating habits. At the same time, the popularity of fast food is growing. The diet is characterized by excessive consumption of animal products and easily digestible carbohydrates, which provide a quick satiety effect.

data on student nutrition allow us to track the dynamics of risk factors for the occurrence and spread of gastrointestinal diseases in young people. This information allows us to take timely practical measures to prevent diseases and improve the health of future specialists.

Research objective: To study the main trends in the nutrition of medical students at Gulistan State University.

Research materials and principles

Survey 2025 Gulistan State University medical The survey was conducted among 2nd -year students, boys and girls aged 19-21, selected using a continuous sampling method. A total of 37 boys and 63 girls participated in the survey.

Results and discussion

The nutrition of all surveyed students was not completely satisfactory: 44 % of students (37 girls, 7 boys) ate (liquid) hot food every day, no more than 2 times a week - 49% (28 girls, 21 boys), rarely - 6.1% (1 girl, 5 boys). 66.7% of boys and 71.4% of girls ate three times a day, 33.3% of boys and 28.6% of girls ate twice a day. The interval between meals was within the recommended values for 43.5% of people. An interval of more than 5 hours was observed in 56.5% of students. During the day, students ate snacks (cookies, chocolate, pies) between main meals : 3.1% and rarely - 65.2%.

Breakfast is an important part of the diet that provides the body with energy for most of the day. According to the survey results, the majority of students do not eat breakfast in the morning (Table 1).

Table 1. Nutritional characteristics of students

Breakfast		abs	%
Girls	They don't eat breakfast in the morning.	35	56
	They have breakfast at home.	23	36
	Sometimes they have breakfast.	5	8
	Total	63	100
Guys	They don't eat breakfast in the morning.	25	67
	They have breakfast at home.	10	27
	Sometimes they have breakfast.	2	5.4
	Total	37	100
Lunch			
Girls	They eat at buffets, cafes, and restaurants.	39	61
	Brings food from home	20	31
	Sometimes they have lunch.	4	6.3
	Total	63	100
Guys	They eat at buffets, cafes, and restaurants.	18	48
	Brings food from home	16	43
	Sometimes they have lunch.	3	8
	Total	37	100
Dinner			
Girls	Dinner at home	41	65
	He doesn't eat dinner.	19	30
	They eat at the buffet and cafe.	3	4.7
	Total	63	100
Guys	Dinner at home	20	54
	He doesn't eat dinner.	2	5.4
	They eat at the buffet and cafe.	15	40

	Total	37	100
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26.1% never eat porridge for breakfast . 34.8% always eat various sandwiches for breakfast. Most students eat 3 times a day, which is considered optimal. For 55.6% of young men and 57.1% of women, the main meal of the day is in the evening - when they return from university, so there was a "shift" in the calorie content of the diet towards the evening, including for 21.7% of students - the calorie content of breakfast is low. They often eat at home (in the dormitory) - 75 (65.2%), cafes (buffet, etc.) - 40 (34.8%). 41.7% of students are not satisfied with the organization of meals in the university canteen.

The assessment of the qualitative structure of nutrition is presented in Table 2. Among the products in the daily diet, dairy products and eggs are in the first place, meat and fish products are in the second place, while pasta and cereal products are never eaten for breakfast - 26.1%. 34.8% always eat various sandwiches for breakfast.

Food products	Every day , %		2-3 times a week , %		2-3 times a month , %	
Meat , fish, sausage	56	48.7	48	41.7	11	9.6
Dairy products , cheese , eggs , butter	64	55.7	-	-	-	-
Vegetables , fruits	60	52.2	36	31.3	19	16.5
Pasta , cereal	27	23.5	59	51.3	29	25.2

Students little part (9.6%) 2-3 times a month meat and meat products consumption Students half most (55.7%) each day milk products takes . On a diet animal proteins absence endocrine of diseases to develop take is coming .

Eating unhealthy foods - fast food - is widespread among students. So, 34.8% of students eat fast food every day, 55.6% several times a week. This diet lacks foods rich in fiber and contains foods with easily digestible carbohydrates and animal fats, which contributes to an increase in the number of people suffering from excess weight. Among those who never eat "harmful" food - 9.6%.

Most of the respondents had dyspeptic disorders (heartburn, belching, nausea) that appeared after entering the university (39.1%). Of these, there was a history of gastrointestinal pathology: 10 had chronic gastritis, 1 had chronic pancreatitis, and 2 had biliary dyskinesia.

More than half of students (65%) admit that their diet is unbalanced, explaining this by a lack of regular meals and daily independent food preparation.

This study showed that for the majority of students, the organization of meals is not optimal in terms of the following: frequency of consumption of hot meals; consumption of meat; milk and dairy products; fresh vegetables.

Conclusion. Thus, it was found that the majority of students do not adhere to the principles of rational nutrition in the formation of their diet. There are a number of shortcomings in the diet of students, one of which is a violation of the correct ratio of the volume of daily food (most of it is consumed in the evening) . There is a lack of variety in the diet of students, a lack of vegetables, fruits, vitamins and minerals. In addition, one third of the respondents have pathologies of the digestive organs. The inability to correct the diet is explained by objective (lack of time) or subjective (unwillingness to cook at home (in the dormitory) and addiction

to fast food) reasons. The results obtained indicate the need to work with students on nutrition and the organization of a healthy lifestyle.

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