

**HYGIENIC RECOMMENDATIONS FOR ASSESSING STUDENT NUTRITION**

**Sh.M. Xaydarov, A.E. Xamdamova**

Tashkent State Medical University



**Relevance.** Currently, the issue of maintaining and strengthening students' health is one of the pressing problems in the fields of medicine and public health. The period of student life is characterized by active physical development and increased mental and physical workload, which requires proper hygienic organization of nutrition. Improper, unbalanced, and irregular eating can lead to disturbances in students' nutritional status, digestive system disorders, deficiencies of vitamins and minerals, and reduced work capacity. Therefore, hygienically assessing students' diets, identifying existing problems, and developing evidence-based recommendations to address them is of significant practical importance.

**Introduction.** Today, the primary prevention of many diseases is based on the principles of a healthy lifestyle, which are among the most important conditions for maintaining and strengthening students' health. [2,6,8] However, current research results indicate that the nutrition of medical university students cannot be considered satisfactory. [4,5,7] Significant disturbances in diet and eating patterns have been identified, which correlate with a high prevalence of general illnesses, including nutrition-related diseases. This highlights the relevance of developing and implementing a program to optimize nutrition in higher education institutions. [1,3,9]

**Keywords.** Balanced nutrition, meal regimen, macro- and micronutrients, prevention of nutrition-related diseases, healthy lifestyle

**Objective.** To hygienically assess the actual nutritional status of students.

**Recommendations.** Developing hygienic recommendations aimed at identifying deficiencies in the diet and meal regimen, as well as correcting imbalances in macro- and micronutrient intake, is important for strengthening students' health and preventing nutrition-related diseases. For this purpose, students' diets should primarily include:

Complete protein sources: lean meat, poultry, fish (at least twice a week), eggs, milk, and fermented dairy products.

Complex carbohydrates: buckwheat, oatmeal, brown rice, whole-grain bread products.

Biologically valuable fats: vegetable oils, nuts, and seeds.

Vegetables: cabbage, carrots, beets, broccoli, tomatoes, cucumbers (daily intake at least 400 g).

Vitamins and minerals are important for maintaining metabolism, strengthening immunity, and ensuring proper physical and mental performance. Therefore, their amounts in the daily diet should meet physiological needs.

Fruits provide the body with vitamins, minerals, and antioxidants, improve digestion, and support a strong immune system.

**Date: 29<sup>th</sup> January-2026**

Following a proper meal regimen normalizes digestive function, improves metabolism, and plays a key role in maintaining work capacity. For students, it is recommended to have three main meals and 1–2 light snacks daily. Breakfast should not be skipped, dinner should be consumed 2–3 hours before sleep, and 1.5–2 liters of water should be consumed throughout the day.

**Conclusion.** Hygienic assessment results showed that students' diets do not comply with proper meal patterns, with deficiencies in macro- and micronutrients and excessive consumption of unhealthy foods. These shortcomings create conditions for the development of general and nutrition-related diseases. Therefore, optimizing students' nutrition, forming a balanced diet, and implementing hygienic recommendations in practice is an urgent task for health protection and the education system.

### **REFERENCES:**

1. Akishin S.V. et al. Hygienic assessment of nutrition and incidence of individual diseases of students in secondary professional education under modern conditions // Problems of Social Hygiene, Public Health, and History of Medicine. – 2022. – Vol. 30, No. 5. – P. 776-781.
2. Azizova F. L., Bo'riboev E. M., Bo'riboeva M. M. Tamaki mahsulotlarni ishlab chiqaruvchi korxonada ishchilarning tana vazni indeksini gigiyenik taxlili // Медицинский журнал молодых ученых. – 2024. – №. 12 (12). – С. 272-278.
3. Ermatov N. J. et al. Hygienic analysis of the nutritional condition of the employees of textile enterprise. – 2024.
4. Gorbatkova E.Yu., Zulkarnayev T.R., Akhmadullin U.Z., Akhmadullina Kh.M. Hygienic assessment of nutrition in higher education students // Hygiene and Sanitation. - 2019. - Vol. 98, No. 5. - P. 540-545. doi: 10.47470/0016-9900-2019-98-5-540-545
5. Jumakulovich E. N., Sheraliyevna K. A., Yuldashevich K. D. "VIRGIN TANAGON" Biologik faol qo'shimchasining toksikologik va gigiyenik jihatdan xavfsizlik ko'rsatkichlarini baholash. – 2024.
6. Ortiqov B. B. Kaliy ishlab chiqarish korxonalarida ishlovchi ishchilarning ovqatlanish tartibiga qo'yiladigan gigiyenik talablar // Медицинский журнал молодых ученых. – 2025. – №. 13 (03). – С. 194-200.
7. Ortiqov B. B., Baxtiyorova G. R., Tugilova S. N. Analysis of the main risk group products in the daily diet of tekstil enterprises'employees. – 2024.
8. Valiulin R.I., Niyazova O.A. Study and hygienic assessment of the actual nutrition of students // Bulletin of the Medical Institute "Reaviz": Rehabilitation, Doctor and Health. – 2022. – No. 2 (56) Special Issue. – P. 260
9. Хайдаров Ш.М., Алимухамедов Д.Ш. (2025). Тез-тез касалланувчи болаларнинг кунлик рационини микронутриентлар билан бойитилгандан кейин таомноманинг самарадорлигини гигиеник баҳолаш. Медицинский журнал молодых ученых, 1(16) (12), 282–286. извлечено от <https://journals.tnmu.uz/yotj/article/view/3135>.

