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**RECOMMENDATIONS FOR HYGIENIC ASSESSMENT OF THE NUTRITION
STATUS OF FEMALE WORKERS**

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Relevance. Malnutrition is a risk factor for chronic diseases, which ultimately increases the cost of treatment, increases employee leave, and ultimately leads to inefficient work. The health of women working in industrial enterprises, their labor productivity and reproductive health are directly related to proper nutrition, compliance of the diet with hygienic requirements, and full provision of the body's needs. A special place in the occupational hygiene of women's health is their reproductive health, specific physiological requirements associated with pregnancy, childbirth, and lactation. Inadequate and improper nutrition can cause such negative conditions as anemia, endocrine disorders, decreased immunity, and decreased work capacity.

Keywords: Nutritional status, hygienic assessment, female workers, industrial hygiene, shift work, rational nutrition, working conditions.

Introduction. Nutrition is one of the important factors that maintain human health and ensure working capacity. Proper and balanced nutrition is especially important for female workers working in production enterprises [2,5,9].

The specifics of the work process in production enterprises - contact with harmful chemicals, physical and mental stress, and irregular working hours - can lead to a violation of the diet and quality of nutrition. Therefore, it is important to identify existing problems and develop preventive measures through a hygienic assessment of the nutritional status of female workers [4,6,7].

The purpose of the study. is to substantiate recommendations for a hygienic assessment of the nutritional status of female workers.

Recommendations. It is recommended to organize the diet of female workers in accordance with their type of labor activity, energy consumption, and shift work. It is especially necessary for women working in difficult and harmful production conditions to increase the share of products rich in protein, vitamins, and minerals with high biological value.

It is necessary to strictly regulate the diet, that is, to establish 3-4 meals a day, to organize breakfast and a hot lunch, and to pay attention to the fact that dinner consists of light and easily digestible products[1,2,8].

It is recommended to monitor the hygienic quality and nutritional value of food prepared in the company's canteen, update the menu on a weekly basis, and introduce special dietary dishes adapted to working conditions.

In order to prevent iron, calcium, iodine, vitamin A, C and D deficiency among working women, it is recommended to include milk and dairy products, meat, fish, eggs,

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vegetables and fruits in sufficient quantities in the diet, and, if necessary, to use vitamin-mineral complexes under the supervision of a doctor.

It is important to limit the excessive consumption of tea, coffee and sweet carbonated drinks during work, and to form the habit of drinking enough clean drinking water instead.

It is recommended to review meal times for women working in shifts and evening shifts, prevent interruptions in nutrition by providing snacks and hot meals.

It is advisable to conduct regular sanitary and educational work on healthy nutrition among working women, organize lectures, booklets and trainings to improve their nutritional culture.

It is recommended to regularly assess nutritional status, identify risk groups based on anthropometric indicators and questionnaire results, and develop recommendations for individual nutrition.

Conclusion. Female workers working in industrial enterprises may have certain hygienic deficiencies in the diet and quality. These conditions negatively affect the functional state of the body and labor efficiency. Regular hygienic assessment of the nutritional status of female workers, organization of rational nutrition, and strengthening preventive measures can help to improve health and productivity.

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