

**HYGIENIC RECOMMENDATIONS FOR IMPROVING THE NUTRITION OF
THE POPULATION IN THE PREVENTION OF ARTERIAL HYPERTENSION**

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Relevance. Today, worldwide changes in food composition and poor nutrition pose a serious threat to public health and remain a leading cause of death and disability among the population. Research shows that the consumption of high-calorie, fat- and salt-rich foods, along with a decrease in the intake of fruits and vegetables, are major contributing factors to these pathologies.

Introduction. Today, one of the most pressing issues facing healthcare professionals is developing preventive measures aimed at strengthening the population's health and preventing cardiovascular diseases [2,3,5]. Ensuring that the population maintains a properly balanced diet and monitoring it according to hygiene requirements is an important responsibility not only for medical workers but also for the entire community [1,4,7]. A properly structured diet is considered one of the main factors that ensure the normal functional state of the human body [6,8].

Keywords. Arterial hypertension, cardiovascular diseases, prevention, hygiene.

Objective. To justify the hygienic requirements for healthy nutrition in the prevention of arterial hypertension.

Violation of the diet and hygienic requirements has been noted in many scientific studies to contribute not only to a person's work capacity but also to the development of various somatic diseases, in particular, arterial hypertension, alimentary obesity, and pathological changes in the cardiovascular system.

Nowadays, among the population, there are also incorrect eating habits, in particular, an excess of salt and saturated fats in the diet, and, conversely, a low consumption of fruits and vegetables. This, in turn, creates conditions for increased blood pressure and a rise in heart diseases. Systematically studying environmental factors, family conditions, and traditional eating patterns, and aligning them with hygienic standards, is one of the main issues of today.

To ensure normal cardiovascular function and reduce risk among the population, the following hygienic requirements should be followed:

- Do not exceed 5 grams of table salt per day in the diet;
- Reduce the proportion of products containing hidden salt (bread, smoked products, canned foods) in the meal plan;
- Increase the consumption of locally grown foods rich in potassium and magnesium (prunes, raisins, nuts, beans);
- Replace animal fats with vegetable oils in the diet;
- Ensure that the daily intake of fruits and vegetables reaches at least 400-500 grams;- Adhere to regular meal times and patterns.

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- Increase physical activity among the population;
- Regular monitoring of the population's blood pressure and body mass index by family doctors.

Conclusion. It is worth emphasizing that meals and daily routines organized based on hygienic requirements serve as the main reason for ensuring high work efficiency of the population and preventing arterial hypertension and its complications.

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