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**HYGIENIC RECOMMENDATIONS FOR THE PREVENTION OF RISK  
FACTORS FOR ALIMENTARY-RELATED DISEASES**

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Relevance of the problem. Nutrition transition is radically transforming food systems worldwide and causing changes that impact public health and the environment. Here, we assess the continued progression of the nutrition transition and its associated markers related to food consumption on a global scale. These markers range from overweight and malnutrition to obesity, food waste, and environmental pressure.

Keywords: risk factors, nutritional factors, dietary habits, obesity, food choice, healthy eating.

Introduction. Nutrition is of primary importance in managing lifestyle-related chronic diseases, and there is an increasing demand for nutritional counseling and care from physicians[2,7,8]. According to data from the Centers for Disease Control and Prevention (CDC), 6 out of every 10 adults in the US have at least one chronic (permanent) disease, and 4 out of 10 have two or more chronic diseases.[4,5]

Chronic diseases-conditions that last one year or more and require ongoing medical attention-include cardiovascular diseases, cancer, diabetes mellitus, and Alzheimer's disease. These diseases are among the leading causes of death, accounting for 70 percent of deaths worldwide.[1,3]

Objective. The objective is to conduct a hygienic analysis of risk factors in alimentary-related diseases.

Nutrition and lifestyle are the well-defined foundations of chronic diseases. Poor dietary habits (high consumption of fat-rich processed products and low intake of fruits and vegetables) and insufficient physical activity contribute directly to a decrease in the quality of life. This leads to an increase in risk factors for alimentary-related diseases.[5]

To prevent risk factors for alimentary diseases, it is necessary to provide the following recommendations to the population: Promote rational and balanced nutrition: Adhere to a daily eating schedule, Reduce intake of high-calorie, fatty, and fast-digesting carbohydrates, Increase fiber-rich products: Incorporate vegetables, fruits, cereals, and legumes into the diet, Ensure adequate intake of Vitamin D and other essential micronutrients: Vitamin D supplementation is recommended if necessary, Increase physical activity: Engage in moderate-intensity exercise for at least 30 minutes a day, Regularly monitor Body Mass Index (BMI): Prevent the development of overweight and obesity, Establish personal preventive measures: Conduct preventive medical check-ups and promote a healthy lifestyle, Develop educational programs: Organize training seminars on hygiene and nutrition, and develop healthy lifestyle programs, Implement individual recommendation systems: Assess risk factors through nursing practice or family physicians to provide personalized advice on diet and activity.[1]

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Conclusion. Identifying and preventing risk factors for alimentary-related diseases and providing recommendations to the population is very important. This is because alimentary-related diseases lead to risk factors such as diabetes, obesity, cardiovascular diseases, physical inactivity, and stress among the population. By preventing these risk factors, we serve to reduce diseases and increase the health level of the population.

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