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**HYGIENIC RECOMMENDATIONS FOR THE NUTRITIONAL STATUS OF  
PEOPLE WITH DISABILITIES**

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**Relevance** This thesis analyzes the main factors affecting the nutritional status of individuals with disabilities. Nutrition of people with disabilities is considered an important factor determining their health, functional status, and quality of life.

**Keywords:** nutrition of people with disabilities, nutritionology, factor analysis, malnutrition, special diet, social factors, economic factors, health status, vitamins and microelements, individual nutrition program.

**Introduction** Nutrition is one of the most important components of human health [1,8]. For individuals with disabilities, nutrition is not only a vital necessity but also a key factor for their functional status, disease management, and overall quality of life [3,9]. Nutritional disorders among people with disabilities are often associated with metabolic, physiological, social, and economic causes, which negatively affect their health and rehabilitation processes [5,7]. Nutritional approaches serve to ensure healthy nutrition for people with disabilities through the development of individual diets and identification of influencing factors[2,6].

**Objective** The objective of this thesis is to systematically identify and analyze the factors influencing the nutritional status of individuals with disabilities.

**Recommendations** It is necessary to introduce an individual nutritional assessment system for people with disabilities, taking into account their age, health status, and functional capabilities. In order to reduce the risk of malnutrition, it is essential to develop and implement special dietary programs adapted to physiological needs. Ensuring access to high-quality and biologically valuable food products for socially vulnerable people with disabilities is important[4,10].

It is recommended to organize educational training sessions on proper nutrition principles for caregivers and family members. Regular screening examinations should be conducted for the early detection of vitamin and micronutrient deficiencies in people with disabilities. To improve nutritional status, it is necessary to strengthen a multidisciplinary approach involving healthcare professionals and nutritionologists. Within the framework of state and social programs, it is advisable to develop and implement nutritional standards for people with disabilities.

**Conclusion** Factor analysis of nutrition among people with disabilities includes social, medical, economic, and physiological components. By identifying these factors and developing an individualized nutritional strategy for each person, it is possible to improve the nutritional status and quality of life of people with disabilities. This approach plays an important role in meeting individual nutritional needs and strengthening health.

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