

**HYGIENIC REQUIREMENTS FOR NUTRITION OF WOMEN DURING
PREGNANCY**

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Relevance. Pregnancy is one of the most important and responsible periods for the female body and the fetus. The first trimester of pregnancy is a period when the main organs and biochemical processes of the embryo are formed, physiological and biochemical processes are formed in an intensive manner, and during this period it is necessary to pay qualitative attention to the woman's diet. Adequate and balanced nutrition, vitamin and mineral deficiency can lead to an increase in the risk of developing fetal complications.

Keywords: early, first trimester, nutrition, hygienic use, vitamin and mineral nutrition, prenatal care, fetal development, proper nutrition, prevention.

Introduction. Pregnancy is one of the most important physiological periods in a woman's life, during which profound biological changes occur in the mother's body. The first three months of development are the period when the main organs and systems of the embryo are formed, the foundation for the further development of the fetus is laid. Therefore, during this period, the woman's body's nutritional needs are at a stable level [1,4,8]

Proper and nutritious nutrition is an important undertaking for the normal functioning of the fetus, the acquisition of nutrients that can be used and its preservation. Vitamin and mineral deficiencies, deficiencies in energy and energy production, can lead to low birth weight, early toxicosis and other unpleasant conditions. At the same time, excessive or improper nutrition also leads to malnutrition [3,6,7]

In this regard, a hygienic analysis of the nutrition of women in the first trimester of pregnancy, the composition of the diet and the identification of existing problems are one of the experiments. This study provides medical assistance to medical care [2,5].

The purpose of the study. The daily diet of women consists of the development of hygienic care and recommendations.

Recommendations. To protect the health of women in the first trimester of pregnancy and ensure the normal development of the fetus, it is necessary to take into account the implementation of the following recommendations:

The daily diet of pregnant women should be balanced, varied, fully satisfying the energy and energy needs of the fetus.

It is recommended that the diet contain sufficient amounts of protein-rich foods (meat, fish, eggs, dairy products, legumes).

It is necessary to regularly consume foods rich in vitamins and minerals, especially folic acid, iron, calcium and iodine.

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It is necessary to widely use vegetables and fruits in the daily diet, to compensate for the lack of natural fiber (fiber).

It is necessary to limit the consumption of excessively fatty, fried, spicy and fast foods.

It is recommended to eat small, but frequent meals (4-5 times a day).

Drink plenty of clean drinking water, avoid carbonated and sweet drinks.

You can take multivitamin and mineral complexes on the recommendation of a doctor.

It is necessary to carry out production work that promotes a culture of nutrition and a healthy lifestyle for pregnant women.

Regular medical check-ups and assessment of nutritional status help to prevent the disease.

Conclusion. Studies show that the nutritional status of women in the first three months of pregnancy poses a significant risk to her and the fetus. Such a healthy diet, healthy food, full satisfaction of the need for vitamins and minerals, and healthy nutrition will ensure the normal development of the fetus and its needs.

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