

IMPROVING HYGIENIC REQUIREMENTS FOR RATIONAL NUTRITION

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Abstract. *Nutrition is an important aspect of human health and well-being. The modern world has undergone significant changes in diets, leading to an increase in the prevalence of foodborne illnesses. Modern hygiene requirements have been developed to ensure optimal nutrition and reduce the risk of disease. This article discusses the latest trends and recommendations for balanced nutrition, taking into account modern hygienic requirements.*

Keywords: *nutrition, hygienic requirements, foodborne diseases, rational nutrition, diet.*

Introduction. Nutrition is the intake of essential nutrients to maintain good health and functioning of the body. In the modern world, people have shifted from traditional eating patterns to processed foods, which has led to an increase in the prevalence of foodborne illnesses. According to the World Health Organization (WHO), approximately 1 in 10 people worldwide suffer from foodborne illnesses each year, and most of these cases can be prevented through good hygiene and safe food practices (1). Consequently, modern hygienic requirements have become necessary for a balanced diet.

In today's fast-paced world, where convenience often takes precedence over health, it has become crucial to emphasize the importance of hygienic requirements for rational nutrition. Rational nutrition refers to the practice of consuming a balanced and wholesome diet that meets the nutritional needs of individuals, promoting their overall health and well-being. However, the significance of hygiene in achieving rational nutrition is often overlooked. Hygiene plays a pivotal role in ensuring that the food we consume is safe and free from harmful contaminants. It encompasses various practices, including proper handling, storage, and preparation of food, as well as maintaining clean and sanitary environments where food is prepared and served. By adhering to hygienic requirements, we can significantly reduce the risk of foodborne illnesses and improve the overall quality of our diets. One of the primary reasons for emphasizing hygienic requirements in rational nutrition is the increasing prevalence of foodborne diseases. According to the World Health Organization (WHO), approximately 600 million people worldwide fall ill each year due to consuming contaminated food. These illnesses can range from mild gastrointestinal discomfort to severe and life-threatening conditions. By implementing and maintaining strict hygienic practices, we can minimize the occurrence of such diseases and safeguard public health.

Modern hygiene requirements cover various aspects of food safety, from production to consumption. Food safety starts with food producers, who must follow strict guidelines and hygiene practices to ensure that products are free of contaminants. The food industry must also follow regulations to ensure that food products meet safety standards. At the consumer level, proper food handling, preparation and storage methods are vital to eliminating microbial contamination.

In addition to food safety, modern hygiene requirements also concern the nutritional value of food products. WHO recommends a balanced diet consisting of carbohydrates, proteins, fats, fruits and vegetables (1). A balanced diet ensures adequate intake of essential vitamins and minerals that are vital for optimal health. Food processing, such as canning, freezing or drying, can affect the nutrient content of a food product. Thus, modern hygiene requirements ensure that food processing methods do not reduce their nutritional value (8).

Modern hygienic requirements are necessary to ensure a balanced diet and prevent foodborne illnesses. Food safety and hygiene practices from production to consumption are critical to eliminating microbial contamination (2). Additionally, a balanced diet enriched with essential nutrients is critical for optimal health. The article provides recommendations and information on the latest trends in hygienic requirements for a balanced diet (5).

Methods and results. This article is a review of modern literature on modern hygienic requirements for rational nutrition. The review included an extensive search of scientific databases including PubMed, Scopus and Web of Science for articles published in the last five years. The search was carried out using keywords such as “nutrition”, “hygiene requirements”, “food safety”, “dietary regime”, “foodborne diseases” (7).

Articles selected for review were limited to those written in English and containing detailed information on modern dietary hygiene requirements. Articles were critically reviewed and the most relevant information was extracted and synthesized (3).

The synthesis involved grouping information into topics including food safety, nutritional requirements, food processing, hygiene practices, and consumer behavior (4). The information was analyzed to identify knowledge gaps and highlight areas for further research (6).

Conclusion. Thus, modern hygienic requirements are necessary for rational nutrition, since they provide the basis for the safe production and consumption of food. The review found that food safety is critical to preventing foodborne illnesses, and good hygiene practices are necessary to eliminate microbial contamination. Additionally, a balanced diet enriched with essential nutrients is critical for optimal health.

The review identified some knowledge gaps, for example about the impact of new food processing methods on nutritional value and food safety. Further research in these areas may provide additional insight into best practices for healthy nutrition. Additionally, increasing awareness among the general public about safe food handling practices, hygiene practices in production areas and adherence to international standards can lead to safe, nutritious and healthy diets.

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