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HYGIENIC ANALYSIS OF THE LEVEL OF SUPPLY WITH CERTAIN MINERALS IN THE FIRST TRIMESTER OF PREGNANCY IN THE SUMMER SEASON OF THE YEAR

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The relevance of the problem

The normal ontogenetic process of children in the world depends on the state of their development in the womb and the state of their timely birth. According to the recommendations of the International Federation of Obstetricians and Gynecologists (IFOG) and the American Society of Obstetricians and Gynecologists (ASOG), a gestation period of 40 obstetric weeks is defined as a normal state. The normal course of pregnancy in hot microclimates, during dry heat, depends on the period, duration, weight, health status of women of fertile age, as well as on their daily diet and the level of consumption of certain minerals in it. Assessment of the nutritional status and mineral status of patients is one of the current pressing problems facing professionals in this field.

The purpose of the study is to conduct a hygienic analysis of the level of mineral status in the first trimester of pregnancy in the summer season of the year.

Materials and methods of the study. The study analyzed the composition of 27 (an average of 9 per month) dishes in the first trimester of pregnancy in the summer season of the year, at the beginning, middle and end of the season, and throughout the season, according to the quantitative and qualitative indicators of the products included in them.

The daily diet of patients and its physiological composition were carried out in accordance with the requirements of the sanitary norms and rules of SanNandK 0007-2020 **"Average daily rational nutrition standards aimed at ensuring healthy nutrition for age, sex and professional activity groups of the population of the Republic of Uzbekistan"** and the chemical

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composition of the daily diet was determined in accordance with the "Chemical composition of food products" standard.

The statistical processing of the research results was carried out using the personal computer application package "Statistica for Windows 7.0".

Results and Discussion

Depending on the nutritional status of pregnancy, the amount of basic mineral substances in the daily diet was analyzed hygienically. The total capacity was 2339.6 kcal, proteins were 72% of the norm, fats were 199.0%, and carbohydrates were 232%. It can be seen that the amount of fats and carbohydrates in the diet is extremely excessive.

Despite the fact that pregnancy is a little more difficult in the hot seasons of the year, taking into account the fact that it is hot in the southern regions of our country compared to other regions, the composition of the daily diet is considered important.

The level of mineral supply in the daily diet in the summer season is of primary importance, although a sharp decrease in the amount of calcium, magnesium, iron, iodine, selenium and zinc was detected, while the level of calcium mineral intake in the household was 416.7±21.11, which is 2.4 times less than the norm. This indicates that the amount of dairy products in their diet is insufficiently supplied.

The amount of magnesium in the daily diet was 228.46±3.31, which is 54% of the norm.

During pregnancy, heme iron plays a high role, the level of heme iron supply in the hot season was 5.2±1.2, and the level of total iron consumption was 12.60±1.7, which is 1.4 times less than the norm, and the level of heme iron consumption was 2.4 times less than the norm.

The effect of iodine on fetal development has been reviewed by several authors, and despite the fact that its role in the diet is important, the amount of iodine in the daily diet of patients is severely undersupplied.

In the hot season of the year, the level of consumption is 27%, and it is reasonable to ensure the level of supply of mineral salt in sufficient quantity.

Despite the importance of selenium and zinc in the daily ration of pregnant women, the daily consumption of selenium was 76% and the level of zinc was 50%.

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Despite the fact that the amount of sodium salt in the daily diet is excessively high, the level of consumption of table salt in the daily diet is extremely high, and the amount of this mineral is 6.0 times excessive during the day.

The significant decrease in the daily diet of patients, including seafood, rabbit meat, whole milk, dairy products of various fat levels, fruits and vegetables, has created conditions for the deficiency of essential amino acids, vitamins and essential minerals in the daily diet. It is advisable to enrich the daily diet of pregnant women under supervision not only in the summer, but also during pregnancy and the fertile period, with products containing heme iron, zinc, selenium and iodine, and reduce the amount of sodium salt. Immediate correction of this condition allows you to prevent pregnancy complications and reduce risk factors.