

Characteristics of Nutrition of Pregnant Women

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1. INTRODUCTION

It is known that the quality, type, quantity of food consumed during pregnancy, timely and in moderation, is one of the important factors affecting human life [1; 2]. It is known that during pregnancy there are significant changes in metabolism and hormonal system. The need for vitamins and minerals in pregnant women increases by an average of 1.5 times.

2. Materials and methods

The diet of women in the 1st half of pregnancy is not radically different from the normal state or nutrition until the fetus is born. It should be borne in mind that as the formation of fetal organs begins in the 1st trimester, it is necessary to consume adequate intake of biologically complete proteins, as well as vitamins and macro and micronutrients at the required level, taking into account their ratio to each other. Malnutrition of a pregnant woman reduces the supply of nutrients necessary for the fetus, which leads to metabolic disorders in the child. Inadequate nutrition has been shown to lead to miscarriage, reduced infant viability, stillbirth, and maternal and infant mortality [5]. Of course it is difficult to say exactly how much a pregnant woman eats in a day. This indicator depends on factors such as height and weight of the pregnant woman, age, reserves in the body, the work she performs, climatic conditions and the season. Depending on a woman's height, body mass, physical activity each pregnant woman should consume an average of 60-90 g of protein, 50-70 g of fat and 325-450 g of carbohydrates per day. The total caloric value of these nutrients should be around 2200-2700 kcal [1].

The diet is also important for pregnant women, who are recommended to switch to 4 meals in the first half of pregnancy and 5 and 6 meals in the second half of pregnancy. The amount of food to be eaten at one time should not be too much, first eat fruits, vegetable salads, and then eat the main meal. The food consumed should be achieved by selective feeding so that it does not stay in the stomach for long and is easily digested. Otherwise, they will decompose and generate form of gases and various toxins. This can lead to disturbances of the mother's body in the first place, as well as to the development of the developing fetus. The distribution of total energy intake with food relative to essential nutrients should be 15-30% for proteins, 25-30% for fats

, and 40-45% for carbohydrates. Due to the increase in fetal weight in the second half of pregnancy and the functioning of the liver, kidneys, intestines, nervous system, the need for nutrients in mothers increases slightly, including 80-110 g for protein, 50-70 g for fat and 350 g for carbohydrates. 450 g, the total capacity of these nutrients should be 2300-2800 kcal. 60% of the protein in a pregnant woman's diet is animal protein, of which 30% is required to be covered by meat and fish, 25% by milk and dairy products, and 5% by eggs [1; 2].

3. Main part

Pregnant women should eat boiled fish and meat, especially in the 2nd half of the process. It is better not to drink meat, fish, mushrooms, boiled water or their soups. Because they contain extractives that are harmful for the body. As a liquid food it is necessary to prepare 1st dishes of vegetables, milk and fruits.

For a pregnant woman's body, fats not only serve as a source of energy, but are important components of the nutrients that make up all tissues and cells. They also ensure proper absorption of fat-soluble vitamins, calcium and magnesium from minerals. In addition to fat-soluble vitamins, fats also contain essential (basic) substances such as phospholipids, sterols, arachidonic, linoleic and linoleic acids. Butter made from cow's milk should serve as a source of animal fats for consumption by pregnant women. The daily requirement for it should not exceed 25-30 g. Such women are required to exclude margarine from their diet in general. It is also not recommended that they consume animal fats. Daily meals should contain an average of 25-30 g of vegetable oil. Because in addition to unsaturated fatty acids, they also contain vitamin E, which plays an important role in fetal development [3; 5].

In general, folic acid, iodine deficiency, iron deficiency anemia are more common in pregnant women. These include vitamin D, V6, folic acid (V9) avitaminosis, as well as calcium, iodine, iron and zinc (zinc) deficiency. Deficiencies of vitamins and micronutrients cause 1,000 congenital diseases and, in particular, congenital defects of the nervous system and heart in infants per year.

4. Conclusion

Preventing such unpleasant situations is not a big problem today. It is advisable for women to fully provide for themselves and their children during pregnancy and lactation by consuming the necessary nutrients and multivitamin-mineral complexes.

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