

Determination Ration Nutrition Of Women During Pregnancy

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Abstract: *The article deals with the issues of determining a rational diet for pregnant women, i.e. vitamins that ensure uniform development of the fetus to the genus. The calculation of the daily requirement of pregnant women for the main nutrients: proteins, fats and carbohydrates has been made. Chronogram of the day. The norms of physiological requirements for energy and nutrients for women have been developed. The analysis of the dynamics of the development of the fetus, taking into account the saturation of nutrients and vitamins in food products. The main factors influencing the development of the fetus have been investigated; The main types of nutrients in products that provide a rational diet for pregnant women have been identified.*

Keywords: *balanced nutrition, vitamins during pregnancy, food ration, trimester of pregnancy, iron deficiency anemia, food allergy, coefficient of physical activity .*

I. INTRODUCTION

Most of the people of our planet yet still do not realize the importance of calorie foods, and the value of the share of write, they daily consume. In a civilized society for the last the time of increased interest in healthy eating , especially in a pandemic . One of the reasons for this interest in food is that people get sick due to improper nutrition, i.e. have diseases associated with the food they eat, their quantity and quality. But what's worse is that poor nutrition affects the offspring in the long term. This is especially true b AC line th woman m, she should eat right, that would be her future child was born healthy.

Therefore, n he problem of malnutrition of pregnant women is relevant and of the world. Many women do not eat properly, which leads to various diseases themselves, then their unborn child.

Nutritionology is the traditional medicine of the future. The production of dietary supplements, adjustment of the human diet in the face of the emergence of new food products - these are just a few of the prospects for this specialty.

Typically, p ational e nutrition of pregnant and lactating women is a prerequisite for ensuring the health of the child, its resistance to infection and other adverse effects of factors, the ability to learn in all age periods. A deficiency of micronutrients in the diet of pregnant and lactating women is one of the important reasons for the occurrence of alimentary -dependent conditions in an unborn child, which may include: in young children - iron deficiency anemia, food allergies, rickets, malnutrition [1] .

In women during pregnancy, it is a special condition, which, of course, has its own specific needs and distinctive features. Proper nutrition is considered extremely important not only for the female body, which is experiencing a double load during this period, but also for the full development of the baby, carried in the womb.

Compliance with the correct diet allows you not to gain extra pounds in 9 months of waiting for crumbs, but to keep the weight gain within the recommended range of 10-15 kilograms. This, in turn, will certainly affect the positive mood of the future mother and she will recover faster and not worry about her appearance after childbirth. Pregnancy diet 's women should be foods that contain proteins, fats and carbohydrates.

II. METHODS

Excessive intake of any of the above elements from the diet can lead to health problems. So, a lack of proteins increases the risk of miscarriage, iron deficiency anemia. A lack of fat in the diet can negatively affect a child's weight and development. Excessive consumption of carbohydrates threatens to increase the risk of intrauterine fetal death, and their lack - a delay in the development of the embryo.

Meeting the increased need for vitamins is very important. The food consumed must necessarily contain the required amount of vitamins of all groups, as well as folic acid, iodine, iron, calcium, potassium, magnesium, etc. Compliance with a constant balanced diet throughout the entire period of pregnancy and planning for its onset will give birth to a healthy baby [2].

In the first trimester of pregnancy, a woman's diet does not differ significantly from her menu before pregnancy; the tastes of a pregnant woman can only change. Nevertheless, you need to start adhering to the basic principles of proper nutrition, vomiting and lay the foundation for the correct development of the embryo.

It is advisable to include in the diet of the menu daily green salads with vegetable oil and sea fish. It is important to begin receiving folic acid, iodine, and vitamin E, to take over all of load and an ode to pregnancy.

For a pregnant woman and because of the increased work of the liver and kidneys, it is advisable at the very beginning of pregnancy to significantly limit the amount of spicy dishes and spices such as pepper, mustard, vinegar in the diet. In order to reduce load, the liver is desirable to replace fried use of Fatty s dishes on boiled se and quenching use, as well as Reduced and t s intake of butter, high fat cream, cream, vegetable oil. Low-fat cottage cheese is recommended.

Along with fruits and vegetables recommended to eat whole meal bread as it contains fiber, and B vitamins in the diet Particular attention should be paid to pregnant table salt. It plays an important role in water exchange. Excessive consumption of it contributes to the development of edema and supports inflammatory processes. The usual daily intake of salt is 12-15 g. In the first trimester of pregnancy, it is already possible to recommend restricting the diet of pickles and smoked meats [3].

Pregnant women should be completely excluded from the diet, even if it was a woman's favorite drink before pregnancy. A pregnant woman who drinks at least 3-4 cups of black coffee a day is more likely to give birth to a premature baby with low birth weight. Substances in tea and coffee (caffeine and tannin) can dilate blood vessels, leading to increased blood pressure. Long-term research has shown that there is a definite link between caffeine consumption and some birth defects in babies. Drinking a lot of coffee in mid-pregnancy can even lead to miscarriage, as it constricts the blood vessels, leading to oxygen starvation of the fetus.

During pregnancy, a woman's body must receive enough iron to prevent anemia in the mother and the fetus, as well as to stock up on iron during breastfeeding (this is the only and very important source of iron for the newborn). To do this, often include buckwheat and nuts in your diet.

In about the second pregnancy in the diet of pregnant women should be moderate carbohydrate content, as excessive consumption of them can lead to excessive weight gain. Excessive consumption of foods containing a lot of cholesterol and impairing liver function should be avoided. If the mother-to-be cannot give up scrambled eggs and minced egg salads, it is better to use only protein.

From the 2nd trimester of pregnancy, it is advisable to exclude pickles from the diet, limit fat intake and add salt to food in moderation. Very important: from the 2nd trimester to limit potential allergens menu (citrus fruits, strawberries, exotic fruits, etc .) That the child was not born allergic [4] .

In order to satisfy the need for calcium in the body, the menu includes dairy products every day: milk, kefir, low-fat cottage cheese, cheese. Otherwise, the calcium will be washed out of the bones and teeth of the pregnant woman, and the child will develop a tendency to fracture. Be sure to start taking calcium supplements (a child, unlike an adult, also absorbs inorganic calcium). And do not eat chalk, in addition to calcium, it contains a bunch of substances harmful to you and the child, moreover, in most cases, this leads to the deposition of calcifications in the umbilical cord and difficulty in feeding the fetus.

It is advisable to spend an apple (1 kg of green apples per day) or kefir (1 kg of cottage cheese or kefir) fasting day once a week. You should get used to drinking less fluids, this will be needed in the third trimester. Nutritional recommendations in the third trimester of pregnancy are the toughest. Firstly, in order to avoid late toxicosis of pregnant women and, as a result, edema, the amount of liquid should be limited to 1 liter (including soups and fruits). The amount of fluid entering and leaving the body should be measured daily, the difference should be no more than 200 ml. By limiting table salt, you can free the tissues from excess fluid and thereby enhance their metabolism and their function. In the last two months pregnancy amount of salt should not exceed 5 g per day. In case of fluid retention or edema - urgently see a doctor!

During this period, it is not recommended to eat meat and fish broths, especially concentrated ones, as well as meat gravies, since they disrupt the functioning of the liver, which is already working with a load. Better to cook vegetarian soups, sauces - dairy, meat and fish consumed in boiled form, it can be baked form. Limit the consumption of mushroom broths [5] .

Of animal fats, it is best to use only butter, and exclude all others (beef, pork, lamb fat or lard) from the diet altogether. Cooking should be done in vegetable oil, it contains more vitamins and a sufficient amount of nutrients. Then arrange unloading kefir and apple days 1-2 times a week. In the last month of pregnancy should limit the intake of carbohydrate: sugar, honey, jam, and others, to give up flour products and fatty foods - this will prepare the fetus for childbirth, reduce the fat mass of the fetus for easier passage through the birth canal.

In this case, the opening of the birth canal occurs much faster, the abdominal press works more intensively, in this regard, the labor act is accelerated and, to a certain extent, anesthetized [6].

Question q is the permissible weight gain during pregnancy and worries everyone. Throughout pregnancy, over 40 weeks, the total weight gain should average between 9.5 and 12.5 kg. At the same time, in the first 20 weeks of pregnancy, the weight gain should be about 2.5 kg at the rate of 500 grams. per month. And in the second half of pregnancy, over the next 20 weeks, the increase in body weight can be 10 kg at the rate of 500 g per week. The maximum weight gain for the entire pregnancy should not exceed 10-12 kg. This includes: the weight of the child - 3 kg, the weight of the uterus - 1 kg, placenta - 0.5 kg, amniotic fluid - 0.5 kg, increased blood volume - 1 kg, subcutaneous fat - 1 kg. That is, during the entire pregnancy, the woman herself can add up to 6 kg [7] .

Before pregnancy, if you had a habit of overeating or, conversely, eating inadequately, then upon learning that you will become a mother, you should reconsider your views on your own diet. But word of mouth still continues to spread a lot of myths

and silly stereotypes about a mom's nutrition. And so that you are not misled by the advice of girlfriends, we will find out the main rules that a pregnant woman should follow.

To drink or not to drink? For a long time, doctors believed that expectant mothers should limit themselves to fluid intake - this supposedly should help reduce the load on the kidneys and, as a result, prevent the appearance of edema. Only in the last few years, gynecologists have revised their views on this issue and now, on the contrary, they recommend that pregnant women drink liquids, namely, pure water is one and a half times more than the norm (that is, 2-2.5 liters). Today it has already been scientifically proven that the real cause of edema is not at all an excess of water in the body, but in disorders of the functioning of the lymphatic system. While the reduction in fluid will cause dehydration, and for the expectant mother, this will lead to a more difficult pregnancy. Therefore, it is worth attributing puffiness not to liquid, but to problems associated with internal organs. And, of course, when edema appears, promptly seek advice from specialists.

Gynecologists always pay special attention to the level of hemoglobin in the blood of pregnant women. And if the indicator is below normal, then immediately prescribe the intake of multivitamin complexes and iron-containing preparations. But recently, British doctors have proved that during pregnancy, the ability of a woman's body to absorb iron from food increases several times. Thus, additional intake of iron-based drugs can only harm the expectant mother and baby. British doctors recommend not to abuse iron therapy, and treat anemia (which manifests itself in the form of a low hemoglobin content in the blood) in a simple and effective way - daily walks in the fresh air.

What danger can an excess of iron pose to the body? First, lead to pathological changes in erythrocytes (increase in size). Secondly, to disorders and disorders of the normal functioning of the gastrointestinal tract: diarrhea, flatulence, nau sea, poor appetite, poor absorption of zinc. By the way, these are common symptoms that accompany pregnant women when taking iron supplements [8].

If the pregnant woman had clearly established iron deficiency anemia, then for a start it is worth trying to make up for the lack of this element in the body with the help of foods rich in iron. These include pomegranates, dried apricots, apricots, prunes, sesame seeds, beets, lentils, walnuts and other foods. One of the well-known and proven folk remedies is carrot and beet juice. It is important to adhere to the recommendations of doctors to stop drinking coffee - because it interferes with the absorption of iron in the body.

The role of vitamins is enormous, and their content in the body of a pregnant woman is especially significant. Vitamins are necessary for the development of the fetus, many of them help to fight infectious diseases, increasing the immunity of the pregnant woman and protecting the child, some contribute to the renewal of blood in the woman's body, thereby protecting her from anemia and allowing the body of the unborn child to form fully.

Vitamins are found in so many foods. So, vitamin A is present in butter, milk, egg yolk, beef and fish oil, liver, but it is not enough in lard. Many vegetables, such as spinach, lettuce, cabbage, tomatoes, carrots, as well as rye, wheat, etc., contain a special substance - carotene, which helps the formation of vitamin A in the human body.

There is a lot of vitamin B in brewer's yeast, rye bread, carrots, spinach, beans, peas, cabbage; oranges, apples, milk, eggs, liver, etc. Vitamin C is found in large quantities in fresh cabbage, tomatoes, lemons, black currants, strawberries, rose hips, green onions, oranges and other vegetables and berries. Vitamin D rich in fish oil, egg yolk, caviar, and vitamin E - sprouted wheat, lettuce, egg yolk and others. As you can see, many substances and vitamins useful for pregnant women are contained precisely in those products that most people eat every day in regular food. Therefore, one should not think that during pregnancy it is necessary to completely change the habitual diet [9].

There is a direct link between proper nutrition and health at any age, at any time in our lives, and especially during pregnancy. The health and nutritional status of a woman before and during pregnancy is very important and affects the development of the fetus. Physiological changes occurring in the body of a pregnant woman require a correct and balanced supply of nutrients and energy.

It is clear that proper nutrition during pregnancy reduces the risk of pregnancy diabetes, toxicosis and high blood pressure, and can also prevent excessive weight gain. In addition, since the baby's nutrition depends on the mother's nutrition, the mother's nutrition during pregnancy is very important. It follows from this that the nutrition of the mother during pregnancy is important both for her health and for the proper development of the fetus in her womb.

It should be noted that during pregnancy, the need for nutrients increases, and a pregnant woman needs 350-440 additional calories. The main principles of a smart diet are: Regularly eating a varied diet containing all food groups, more frequent than usual during pregnancy. It is desirable that additional calories come from all food groups - carbohydrates, proteins, fats, vegetables and fruits. The slogan "eat for two" can only be realized by slightly increasing each meal, as detailed below. A sensible daily menu (also before pregnancy) is important for the health of the woman and for the health of the baby. The menu before and during pregnancy should include all the main groups of elements, including vitamins and minerals necessary for the baby and his normal development [1,9,10].

Norms of physiological requirements for energy and nutrients for women.

Table 1.

Laborgroup	Agegroups (years)	Energy, kcal	Proteins, g	Fat, g	Carbohydrates, g
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			Total	including animals	% of kcal	Total	% of kcal	Total	% of kcal
one	18-29	2000	61	30.5	12	67	thirty	289	fifty
2	30-39	1900	59	29.5		63		274	
3	40-59	1800	58	29		60		257	

The coefficient of physical activity (CFA) is the ratio of daily energy consumption to the basal metabolic rate. This coefficient is determined by the types of activity that a person performs per day, and the duration of these types of activity.

Table 2 shows the CFA values for men and women, depending on the labor intensity group.

table 2

Labor intensity group	CFA
	W omen
I	1.4
II	1.6
III	1.9
IV	2.2
V	-

The CFA value corresponding to a certain professional group is used, for example, to calculate the daily energy consumption of the human body. To do this, you need to multiply the known CFA value by the basal metabolic rate, taking into account the sex, age and body weight of a person. And according to the calculation of daily energy consumption, you can calculate the daily requirement for basic nutrients: proteins, fats and carbohydrates.

Chronogram of the day .

Personal data of pregnant women (age, weight, height)

Table 3

	Age	Weight, kg	Height, cm
Nodira	25	60	164
Barno	19	72	170
Zulfiya	23	68	170

Chronogram of the day, Nodira .

Table 4.

Nodira			
Kind of activity	Period	Duration, min	CFA
With he	24.00-08.00	480	1.0
chores around the house	08.00-11.00	180	3.3
Z avtrak	11.00-12.00	60	1.7
T ualet	12.00-12.10	ten	1.8
slow walk	12.10-15.00	170	3.0
restroom	15.00-15.10	ten	1.8
sitting rest	15.10-17.00	110	1.4
About troubles	17.00-17.30	thirty	1.7
sitting rest	17.30-19.00	90	1.4
T ualet	19.00-19.10	ten	1.8
Wu zhin	19.10-20.00	fifty	1.7
slow walk	20.00-22.00	120	3.0
lying position	22.00-23.00	60	1.2
With he	23.00-24.00	60	1.0
Total duration 1440			

Chronogram of the day, Barno .

Table 5.

Barno

Kind of activity	Period	Duration, min	CFA
With he	24.00-06.00	360	1.0
chores around the house	06.00-06.30	thirty	3.3
breakfast	06.30-07.00	thirty	1.7
driving in transport	07.00-08.00	60	1.5
lessons	08.00-9.35	95	1.8
break between classes	09.35-09.45	ten	2.5
lessons	09.45-11.20	95	1.8
break between classes	11.20-11.30	ten	2.5
lessons	11.30-13.05	95	1.8
About troubles	13.05-13.45	40	1.7
lessons	13.45-15.20	95	1.8
break between classes	15.20-15.30	ten	2.5
driving in transport	15.30-16.00	thirty	1.5
slow walk	16.00-19.00	180	3.0
restroom	19.00-19.10	ten	1.8
dinner	19.10-20.00	fifty	1.7
study	20.00-22.00	120	1.6
With he	22.00-24.00	120	1.0
Total duration 1440			

Chronogram of the day, Zulfiya .

Table 6.

Zulfiya			
Kind of activity	Period	Duration, min	CFA
With he	24.00-09.30	570	1.0
breakfast	09.30-10.00	thirty	1.7
chores around the house	10.00-12.00	120	3.3
restroom	12.00-12.30	thirty	1.8
reading	12.30-15.00	150	1.6
About troubles	15.00-15.30	thirty	1.7
slow walk	15.30-18.00	150	3.0
restroom	18.00-18.10	ten	1.8
sitting rest	18.10-19.00	fifty	1.4
lying position	19.00-20.00	60	1.2
dinner	20.00-20.30	thirty	1.7
reading	20.30-23.00	150	1.6
With he	23.00-24.00	60	1.0
Total duration 1440			

Diet of a pregnant woman
Menu layout, Nodira

Table 7

Nodira					
Name of dishes and their layout	Amount of product in gr	Organic part			Kcal
		proteins	fats	Carbohydrates	
Breakfast					
milk	200	4.60	5.74	7.72	one hundred
boiled egg	one hundred	9	9,7	0.30	63.6
wheat bread	140	10.68	1.68	68.6	340.6
butter	thirty	0.12	13.55	0.18	220.2
Total		24.4	30.67	76.8	724.4

Dinner					
Dutchcheese	onehundred	25.0	30.0	2.4	991
Wheatbread	200	11.6	one	112	516
Freshcucumbers	onehundred	0.7	0.1	1.8	eleven
Riceporridge	150	6.0375	10.53	28,455	232.2
W ay	200	5.18		35.98	3.8
pear	150	2.25	0.45	76.35	339
Total		25.7675	42.08	259,985	1793
Dinner					
M unit	fifty	0.5		37.95	157.5
milk	200	4.60	5.74	7.72	onehundred
grapes	onehundred	0.7		13.7	51
Total		5.8	5.74	59.37	308.5
Total		55.9675	78.49	396,165	2825.9

Layoutmenu, Barno

Table 8.

Barno					
Name of dishes and their layout	Amount of product in gr	Organicpart			Kcal
		proteins	fats	Carbohydrates	
Breakfast					
milk	200	4.60	5.74	7.72	onehundred
cottagecheese	onehundred	9	9.7	0.30	63.6
wheatbread	140	10.68	1.68	68.6	340.6
butter	thirty	0.12	13.55	0.18	220.2
Total		24.4	30.67	76.8	724.4
Dinner					
Cheese	200	50.0	60.0	4.8	1982
Wheatbread	onehundred	5.8	0.5	56	258
cutlet	onehundred	7.46	37.82	33,7	454.4
beet	fifty	0.75	0.05	4.75	23
Potatoes (boiled)	150	2.1	0.3	27.9	126
Milk	200	4.60	5.74	7.72	onehundred
Total		70.71	104.41	134.87	1943.4
Dinner					
Freshcabbage	150	1.65	0.3	6.15	34.5
milk	200	4.60	5.74	7.72	onehundred
Apple	onehundred	0.3		10.9	46
Wheatcrackers	onehundred	8.0	1.0	58.0	282
Total		7.35	7.04	82.77	462.5
Total		102.46	142.12	294.44	3130.3

MenuLayout, Zulfiya

Table 9.

Zulfiya					
Name of dishes and their layout	Amount of product in gr	Organicpart			Kcal
		proteins	fats	Carbohydrates	
Breakfast					
Applejuice	150	0.525	4.53	9.675	79.5
Dutchcheese	fifty	5.8	0.5	1,2	495.5
Ryebread	onehundred	5.5	0.6	39.3	189
sourcream	thirty	0.62	8.46	0.92	85.2

Total		12,445	14.09	51,095	849.2
Dinner					
ham	onehundred	25.0	30.0	2.4	991
Ryebread	200	11.6	one	112	516
Freshcucumbers	fifty	0.35	0.05	0.9	5.5
Porkmeat	onehundred	12.8	21.0		234
W ay	200	5.18		35.98	3.8
Total		54.93	52.05	151.28	1750.3
Dinner					
Condensedmilkwithsugar	onehundred	9.6	9.6	51.0	338
W ay	200	5.18		35.98	3.8
Ryebread	onehundred	5.5	0.6	39.3	189
Total		20.28	10.2	126.28	530.9
Total		87,655	76.34	328,655	3130.4

The ratio of daily needs and actual diet

The ratio of daily needs and the actual diet of a pregnant woman

Table 10

Nodira			
	Dailyrequirement	Actualdiet	Excess \ Lack
Protein	89	55.9675	33.0325 disadvantage
Fats	75	78.49	3.49 excess
Carbohydrates	304	396,165	92.304 excess
Energyconsumption	2513	2825.9	312.9 excess
Anastasia			
Protein	89	102.46	13.46 excess
Fats	75	142.12	67.12 excess
Carbohydrates	304	294.44	9.56 disadvantage
Energyconsumption	2882.6	3130.3	247.7 excess
Lianna			
Protein	91	87,655	3.345 flaw
Fats	79	76.34	2.66 disadvantage
Carbohydrates	319	328,655	9.655 excess
Energyconsumption	3058.6	3130.4	71.8 excess

Conclusion .

The article will consider the district nutrition of pregnant women on the basis of 3 women aged 19 to 25 years. After seeing their way of life and diet came and concluded that the content of proteins, fats and carbohydrates in their diet is very different from the normal. Eating well during pregnancy protects both mother and baby from certain food deficiencies and protects the mother from damage to organs such as the liver and kidneys. Adequate nutrition ensures not only the correct development and maturation of the fetus, but also complex physiological changes in the mother's body, which require their support. It should be remembered that during pregnancy, the demand of a woman's body for a number of nutritional ingredients increases. The needs of the female body in the first period of pregnancy increase by an average of about 100 calories per day. Starting from the fifth month of pregnancy the body , it needs a 10% premium to the normal diet, and in the past two months, 20% surcharge. Therefore, the nutrition of a pregnant woman should be designed , first of all, to cover the increased requirements for all the main ingredients. It should be sufficient, and food should be taken evenly throughout the day, adhering to the appointed hours [10].

III. RESULTS

For example, if the total weight gain for the entire period of pregnancy is on average 12 kg, then 8 kg of them is the weight of the fetus and neoplasms (blood, fluid, etc.). The remaining 4 kg of weight is the "maternal reserve" or the supply of

nutrients that are necessary for the postpartum period and to ensure the feeding of the baby. The intensive processes that take place during pregnancy require additional supply of nutrients and energy.

The need for protein in a woman's daily diet in the second half of pregnancy is 110-130 g. The daily diet should include low-fat meats up to 130-200 g per day or fish - 150-200 g per day. Of the products that a pregnant woman should receive every day, milk and fermented milk products should be put in the first place - kefir, yogurt, fermented baked milk, etc. They are included in the diet both as sources of protein and as the main suppliers of calcium and phosphorus salts. The amount of fat should be adjusted to 80-100 g per day. It is advisable to replace some of the butter with sour cream. Vegetable oil must be used. The daily amount of carbohydrates is limited to 400-500 g and it is not advisable to allow excessive consumption.

Vegetables and fruits are an important part of a pregnant woman's diet. In the daily menu, you should give preference to vegetables painted in green and yellow colors (tomatoes, carrots, pumpkin, lettuce, cabbage, parsley). The daily norm of vegetables should be at least 500 g. Of the fruits and berries, the most valuable are black and red currants, strawberries, wild strawberries, and raspberries. In winter, fresh fruits can be replaced with canned fruits, juices, freshly frozen fruits, supplementing them with fresh apples and citrus fruits - lemons, oranges, tangerines. Vegetables and fruits not only add variety to the diet, but also constitute a valuable source of vitamins and minerals. In addition, they normalize the digestive process. Some of the vegetables needed in the daily diet should be used raw.

IV. DISCUSSION

A particular problem in the nutrition of a pregnant woman is the provision of iron. The daily requirement for iron reaches 15-20 mg. In order to provide such an amount, it is necessary to regularly use dishes from the liver, egg yolk, buckwheat and oatmeal, fresh apples.

At the end of the second half of pregnancy, edema appears repeatedly. This suggests that you need to limit the amount of salty foods, and salt - up to 5-7 g per day. You should refrain from those foods and dishes, the use of which has ever experienced allergic reactions or skin rashes. Limit the amount of foods that cause bloating (green beans, cabbage, brown bread). Alcoholic drinks are excluded. In addition, pregnant women should avoid pickled foods, hot spices, strong meat broths, coffee, and tea, which can irritate congested kidneys [11].

With the development of toxicosis, it is advisable to spend curd and milk days. The diet of such a day may consist of 400 g of cottage cheese and 100 g of sour cream with sugar or 1 liter of milk with cottage cheese; all this is divided into 5-6 servings. Dairy products in this set replace meat and fish. Vegetables and fruits should be preserved in a dairy diet as well. In order for a pregnant woman's nutrition to fully cover the body's needs for nutritional components, the menu should be varied, the range of food products should be as wide as possible.

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