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ORGANIZING HEALTHY NUTRITION FOR CHILDREN

Annotation: Modern problems related to nutrition: malnutrition, hypotrophy (35%), high mortality of infants and children, low physical development, anemia (90%), iodine deficiency (60-70%), micronutrient deficiencies, obesity, and an increase in the number of food poisoning.

Keywords: Malnutrition, hypotrophy, stunting, anemia, iodine deficiency, micronutrients, obesity, food poisoning.

According to the Food and Agriculture Organization of the United Nations and the WHO: more than 840 million people in the world (one in eight people) are undernourished; more than 30% of the world's population suffers from malnutrition (lack of microelements and vitamins). As a result, more than 160 million children suffer from stunted growth, physical and intellectual development. 600 million people (one in 10 people in the world) fall ill as a result of consuming contaminated food, and 420,000 of them die every year. 40% of food-related diseases occur in children under 5 years of age - 125,000 deaths are observed among them every year.

Today, it is recommended that children eat as follows: breakfast 25-30%, lunch 40-45%, tea 10-15%, and dinner 15-20%.

Bread and bakery products satisfy the body's need for carbohydrates and perform an energetic function. The norm is 50-150 grams for children under 3 years old, 130-150 grams for children under 7 years old.

Flour products enhance metabolism and are a source of energy. The norm is 20 grams for children under 3 years old, 25 grams for children under 7 years old. Cereal products are a source of plant proteins and form the structural unit of cells.

Types of cereals: semolina, oats, rice, buckwheat, millet, lentils, corn. The norm is 45-50 grams. From legumes, mung beans are allowed, 3 grams per day. The norm of jelly is 5 grams.
Sugar is considered a simple carbohydrate, and excess of it leads to weight gain and obesity. The norm is 35-55 grams.

Confectionery products consist of flour, sugar, margarine, and are made up of simple carbohydrates. The norm is 10-15 grams.

Butter is an animal fat that performs an energetic function. 82.5% butter is mainly a source of iron, vitamins A and B. The norm: up to 3 years old 15-20 grams, 3-7 years old 20-35 grams. Sunflower and olive oil should be pure and safe. The norm is 7-10 grams. Natural milk has a fat content of 3.2%, has a sufficient amount of protein, fat and carbohydrates. The norm is 300 grams.

Yogurt, a sour-milk product, is a source of calcium, improves the functioning of the gastrointestinal tract, and enhances metabolism. The norm is 200 grams. There are 3 types of sour cream, with a fat content of 25, 30, 36%; acidity should be 65-900 T; 65-1100 T; 65-1250 T. In a preschool educational institution, high-grade sour cream should be used after heat treatment. Daily norm: 5 grams for children under 3 years old, 20 grams for children 3-7 years old. Cottage cheese is a source of protein, calcium and phosphorus. It should be used after heat treatment. Daily norm: 30 grams for children under 3 years old, 30-35 grams for children 3-7 years old. Cheese is divided into non-fat, medium-fat, and high-fat types depending on its fat content. The norm is 8-10 grams for children under 3 years old, 10 grams for children 3-7 years old.

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Meat is a source of protein, a source of essential amino acids, B vitamins, iron, selenium, and zinc. The norm is 60-150 grams. Types of meat recommended for preschool educational organizations: beef, mutton, rabbit, chicken and fish. Poultry meat is considered dietary, forms a structural unit of the body, is a source of protein and iron. The norm: up to 3 years old 60-120 grams, 3-7 years old 120-150 grams. The norm of rabbit meat is 120-150 grams. Fish products are easily digestible and contain amino acids, minerals, phosphorus, omega-3 and omega-6 that are best absorbed by the body. The norm is 40-50 grams. Eggs are the main source of protein for the body, the norm is 0.5 pieces (half a piece).

Potatoes are a source of carbohydrates, the norm is 200-300 grams. Vegetables are a source of vitamins, macro- and microelements, and actively participate in the absorption of proteins and fats. The norm is 200-250 grams for children under 3 years of age, 220-250 grams for children 3-7 years of age. Fruits are a source of simple and complex carbohydrates, vitamins and minerals. Citrus fruits are not recommended for children. Norm: 200-250 grams.

Dried fruits are rich in microelements and have a positive effect on the growth and development of children. Norm: 10-15 grams. The daily norm of dry tea is 3 grams. The norm of cocoa is 1 gram.

Iodized table salt is the most important tool in preventing endemic gout in the body. The daily norm is 5 grams.

Proper nutrition ensures a child's physical development, prevents and treats various diseases. It enhances children's mental and physical activity and creates conditions for rapid adaptation to the environment.

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