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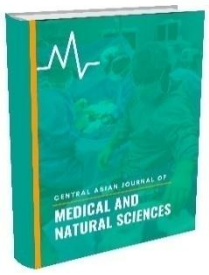

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Actual Nutrition of Breastfeeding Women in Kashkadarya Region

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Abstract: The article is devoted to the study of the amount of macronutrients and some trace elements in the daily diet of nursing women living in rural conditions of Kashkadarya region. According to the results, the amount of proteins in the daily diet of the subjects is 66.6%, fats- 96.4%, carbohydrates - 95.4%, total energy - 88.3%. The normal amount of calcium from minerals is 26.7%, phosphorus 116.5%, magnesium 120.1%, iron 66.3%, zinc 78.9%, iodine 20.4%. The provision of individual vitamins in the subjects was 72.1% (vitamin C), 187.5% (vitamin A), 158.7% (vitamin E), 86.7% (vitamin B2), 105.0% (vitamin B6), 86.5% (vitamin PP) and 61.5% (vitamin B12).

Keywords: Lactation period, lactating women, macronutrients, micronutrients, diet.

Introduction. It is known that mother's milk is the perfect food for a newborn baby. Because it contains all the macro- and micronutrients necessary for the comprehensive development of the child's body, special enzymes that improve the digestion process, and immune cells that protect the baby from some infectious diseases [1]. The normal growth and development of a newborn child is closely related to how and in what order the nursing mother eats. The quantity and quality indicators of mother's milk are the main factors in ensuring the normal morphological and physiological development of the child. In order to produce milk in a woman's body, an additional 500 kcal of energy is spent during the day. Therefore, the daily diet of lactating mothers should be richer than usual and the total energy should not be less than 2500 kcal [2, 3, 4].

The need for nutrients of lactating women varies depending on the amount of milk the child drinks, the age of the mother, lifestyle, and the interval between births [5].

Deficiency of macro- and microelements in the life of mother and child and its prevention and elimination, organization of proper nutrition of lactating women and study of their supply of nutrients is one of the urgent issues of physiology and medicine.

Based on the above considerations, we aimed to study the provision of macronutrients and some micronutrients to lactating mothers living in rural conditions.

Material and methodology. Observations were conducted on 68 lactating women aged 19-37 living in Guzar district of Kashkadarya region. Their actual diet was studied using a traditional questionnaire-survey method.

According to the questionnaire-survey method, the examinees recorded all the food products they consumed during 1 week in a special questionnaire-survey. The amount of some macro- and micronutrients in the products listed in the questionnaires was determined. The chemical composition of food products was calculated using special tables. The Windows Microsoft Excel program was used for mathematical calculation and statistical processing of the data in the questionnaires. The obtained results were compared with relevant norms.

The obtained results and their analysis.

According to the results of the study of the amount of macronutrients in the diet of lactating women in their diary, the protein supply of the examiners is much lower than the norm, that is, 67.3±1.7 g, which is 66.6% of the norm. The amount of fat and carbohydrate is close to the norm, 78.1 ± 2.2 g and 309.2 ± 7.0 g, respectively, which, in turn, is less than the norm, respectively, the average is 96.4% and 95.4%. The total energy supply of nursing mothers is on average 2208.4 ± 36.0 kcal, which is 88.3% of the norm.

Micronutrients in the daily diet of lactating women the amount does not correspond to the existing norms. Including calcium, iron and the amount of iodine is significantly less than the norm, that is, relevant without 400.2±14.6 mg (calcium), 17.9±0.5 mg (iron) as well as 44.8±1.4 mcg (iodine). These results are relevant in relation to the norm 26,7%, 66.3% as well as 20.4%. Phosphorus and magnesium of the examiners the supply is higher than the norm, respectively 1165.3±31.4 mg and 360.4±13.8 mg. These indicators correspond to the norm represents relatively 116.5% (phosphorus) and 120.1% (magnesium). Nursing mothers the amount of zinc in the daily diet is 7893.8±225.9 mcg, 78.9% compared to the norm. Vitamin C, B2, PP in the daily diet of the respondents and B12s are below normal levels, i.e. 57.7±3.4 mg (vitamin C,1.3±0.1 mg (vitamin B2), 14.7±0.4 mg (PP vitamin) and 1.6±0.1 mcg (B12vitamin). With vitamin B6 of nursing mothers maintenance was observed to be at the norm level (2.1±0.1 mg). This the indicator represents 105.0% compared to the norm.

Conclusion. When analyzing the nutrients in the daily diet of the subjects, it was found that milk and milk products, leguminous products, various greens and fruits were consumed much less. This situation had a significant negative impact on their supply of protein, calcium, iron, iodine and several vitamins. The continuous presence of such a condition leads to the mother's inadequate supply of nutrients during the lactation period. Studying the supply of nutrients to lactating women is important in maintaining and strengthening the health of the mother and child. In this regard, one of the important practical measures is to form their rational diet and healthy lifestyle, and to promote the understanding of the topic among them.

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