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THE IMPORTANCE OF IRON-RICH PRODUCTS IN THE PREVENTION OF ANEMIA COMPLICATIONS

Matluba Mamatova Abdukhalilovna

Fergana State University, Correspondence Department

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Annotation

This article is about the proper consumption of flour and flour products and the bioecological classification of our iron-fortified wheat products, measures to prevent the causes of anemia.

Blood plays an important creative role in the body, as well as in the management of vital processes. .

In order to get closer to the issue of iron-rich foods in our diet, we need to study the vital functions of Fe in the body.

The blood produces 70% of the iron in our body, or more precisely, the erythrocytes - the red blood cells. As erythrocytes supply every cell of our body with food, iron becomes a crucial factor in the vital activity of the body. In addition, erythrocytes are oxygen carriers.

There is also myoglobin, a protein called oxygen balance that stores oxygen when breathing is difficult. In addition, iron is involved in oxidative processes, i.e. its deficiency leads to a decrease in its ability to convert food into energy. Leukocytes are a guarantee of immunity. Their function is to isolate peroxide to fight pathogenic microorganisms. Unfortunately, peroxide has the ability to poison itself and eliminate it, and we need iron again.

If we consider the order of our daily diet, the daily requirement of iron in the body of children and mothers is high. Fast metabolism, good blood circulation, strong bones, teeth, hair and strong immunity - all this is enriched with iron in our food. will motivate us to add natural products. Iron is responsible for blood circulation and red blood cell synthesis, immunity, and leukocytes, and of course, if all of these are regulated, the body's strength will begin to show its strength in the body.

In animal products:

- beef, pork, lamb, veal;
- ducks, geese; by-products, especially liver;
- turkey and rabbit; seafood - oysters, shellfish, mussels;
- egg yolk; pink caviar, makkel.

In plants

- oats (grain, wheat);
- pine, lentils; bean; walnuts; beets;
- dried fruits;
- Garnet, grapes, apricots, peaches.

If we pay more attention to the diet, in addition to all our products, bread and bakery products play a key role. We consume products made by processing wheat throughout the day. It is important that such products are enriched with iron.

Today, the cultivation of wheat is one of the priorities of our state. It serves to improve the health of the population by enriching the domestic and foreign markets with quality flour products. In this regard, the implementation of the Decree of the President of the Republic of Uzbekistan "On approval of the strategy for agricultural development for 2020-2030 PF 5853" is also aimed at improving the health and nutrition of the population. the measure serves as one of the measures.

Wheat is a herbaceous plant belonging to the cereal family. There are about 30 wild and cultivated species. The root system of wheat is a poplar root, the main part of which develops in the tillage layer of the soil, and some roots penetrate to a depth of 180 cm. The stem is a straw stalk divided into ridges, 40-130 cm long. The ability of wheat to lie down and yield depends on the height of the stalk.

Wheat is more self-pollinating. Fruit don. Depending on the size of the yard, only one or two toys will fit. Soft wheat ears with and without stalks, the stalks are shorter than the ears; the grains are white or reddish, the cross-section is round, the inside is mostly oblong. Durum stalks are dense, the stalks are longer and more upright than the stalks. The grain is nutritious, contains protein (10-12% to 20-25% in selection varieties, 25-30% in wild varieties), starch (60-64%), fats, vitamins, enzymes and minerals. Wheat is used to make a variety of flours, cereals, alcohol and starch.

Demands moisture during germination. Drought reduces productivity. The vegetation period of winter wheat is 45-50 days in autumn, 75-100 days in spring and summer, and 90-100 days in spring wheat. Winter wheat can withstand temperatures down to 35 ° C when the snow cover is thick. Spring wheat grasses can withstand temperatures down to -8-10 ° C. Winter wheat in irrigated areas

It is recommended to sow corn, cotton, potatoes and other arable lands. Does not grow well in acidic and saline soils. The method of sowing is sown in rows (12-15 cm between rows) or narrow rows (7-8 cm between rows. Sowing rate - 70-110 kg per hectare in dry lands, 170-200 kg in irrigated areas, sowing depth 4-6 cm In autumn, it is sown deeper, the sowing rate is 10-15% higher, the seeds are sorted and treated before sowing. It is recommended to add 80 kg of phosphorus, 40-100 kg of nitrogen and potassium.

Currently, 93 varieties of wheat are grown in Uzbekistan.

It was known in the countries of Ancient and Central Asia in the 7th-6th millennia BC. From the 17th century Shim. It began to be planted in America. B. 66 ° north of the Earth (Sweden), and 76 * 44 'north of the experimental fields in Russia (Murmansk Oblast), Australia, South America, South Africa. planted to the limits of B. cultivated areas in the world are 250 million. hectares, and about 30% of the grain grown is B. (average more than 360 million tons). The main grain-growing countries are Russia, Kazakhstan, China, the United States, India and Canada. In Uzbekistan, since the early 1990s, the area under B. has been expanded (1.2 million ha; 1999) to ensure the country's grain independence.

The main reason why I quote above the data on the technology of cultivation of wheat and its cultivation is that when examining the flour products obtained as a result of processing of our wheat products, saturated iron products have a positive impact on public health. The constant consumption of

saturated iron "Fe" increases the need for micronutrients in the population.

According to the above data, the products of wheat processing are not only a nutritious product, but also the first products to reduce hunger.

The fact that wheat products are saturated with sunlight and the vegetation period is saturated with photosynthesis for a long time will help the body to prevent various primary diseases through the consumption of iron-fortified products.

Iron is an essential element for the proper functioning of the body. It helps deliver oxygen to the blood cells and then removes carbon dioxide from the body. Insufficient iron in the diet can impair the body's ability to function

The first signs of micronutrient deficiency in the body;

fatigue, changes in heart rate, shortness of breath and difficulty concentrating, paleness, drowsiness, loss of appetite, and headaches may be symptoms of iron deficiency and early stages of anemia.

Iron deficiency causes cells to "suffocate", which disrupts many vital metabolic processes in the body. In addition, immunity decreases, the number of diseases increases. Other external signs include sores in the corners of the mouth, dry skin, brittle nails, and thinning hair.

The body is unable to produce iron on its own. It only gets iron from food, so it's important to include a varied and iron-rich diet.

If we pay attention to the symptoms of the onset of anemia, it is possible to eliminate it by correcting the diet in children and mothers.

1. External factors

Physical factors

With mechanical injury

Infectious diseases

2. Internal factors

Genetic

Endocrine

Malnutrition

Following a proper diet based on all the processes will prevent micronutrient deficiencies. The presence of fortified iron products in our diet is a key guide in preventing the above symptoms of the disease.

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