

***HYGIENIC REQUIREMENTS FOR THE PRODUCTION AND
TURNOVER OF FUNCTIONAL, THERAPEUTIC (DIETARY) AND
PREVENTIVE FOOD PRODUCTS***

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Annotation. This article discusses the hygienic requirements for the production and circulation of functional, therapeutic and prophylactic food products.

Keywords: hygiene, disease, food, health, product, cleanliness, quality.

Improving the system for ensuring the quality and safety of food products is a priority area of state policy. This is evidenced by the Strategy of Actions in Five Priority Directions for the Development of the Republic of Uzbekistan in the Republic of Uzbekistan (hereinafter referred to as the Action Strategy), adopted by President Sh.M.Mirziyoyev, which was the most important policy document that determined the main directions of state policy in the medium term.

At the same time, positive economic transformations and rapid urbanization with accompanying changes in the way of life of the population have led to an increase in the level of diseases associated with poor nutrition, which is characteristic of all economically developed countries. The World Health Organization has classified these diseases as a separate group of non-communicable diseases.

Everything is very individual here. Research scientists say that during the week the human body secretes 200 g of fat through the skin, as well as from 3 to 7 liters of sweat. This secretion must be washed off regularly, and therefore the number one rule in a person's personal hygiene is to keep the body clean. Depending on the type of skin and age, you should select both the means for caring for it and the method of care. So, for example, it is easiest to take care of normal facial skin. But this is very rare. With age, the skin often becomes drier.

Oily skin should not be washed with hot water. The same applies to oily hair. Hot water stimulates the production of sebum. Owners of dry skin should protect it from exposure to both cold and heat. It is important to moisturize dry skin because it fades faster.

Oral hygiene is a very important component of personal hygiene. If your teeth are not in order, then the whole body suffers. In the presence of foci of caries in the mouth, with periodontitis or periodontal disease, the infection easily spreads to the sinuses, tonsils, and kidneys. Therefore, brush your teeth regularly twice a day. To do this, use a suitable toothpaste and brush for yourself. If you are not able to brush your teeth after the next meal, rinse your mouth with at least clean water. It is advisable to remove food debris using dental floss or a toothpick. You should visit the dentist once every six months.

Personal hygiene is impossible without hair hygiene. Wash your hair as often as necessary to keep it clean. It is only important to choose a shampoo. If your hair is so oily that it needs to be washed daily, look for a daily shampoo. Do not brush wet hair, do not use metal combs for this. If you are doing a ponytail, do not use rubber bands. They pull the hair too tight.

Personal hygiene and your nutrition are two concepts that cannot exist without each other. What kind of healthy lifestyle can there be if a person eats instant noodles or sandwiches? Therefore, observing food hygiene, you also contribute to the treasury of your health and longevity.

Useful tips.

1. Experts strongly recommend taking a shower immediately after finishing work, as well as immediately before bedtime. Water should have a temperature of about 37-38 degrees, i.e. slightly above normal human body temperature.

2. It is highly desirable to use soft water to wash your hair. Its softening is carried out by adding 1 teaspoon of baking soda to 5 liters of water. Regularity of washing hair: normal and dry - once every ten days, oily - weekly. The

temperature of water for washing hair is 50-55 degrees. It is useful to rinse them with infusion of chamomile after washing.

3. If you allocate 20 minutes for a little gymnastics in the morning, this will fill the cells with oxygen, remove stagnation, tone the vessels, give vigor and good mood for the whole day.

4. Fresh air will remove drowsiness and headaches, relieve fatigue and catarrhal bronchopulmonary diseases, if you ventilate the room before going to bed, at least 30-40 minutes.

The main purpose of these sanitary rules and norms is to determine the sanitary and hygienic requirements for the layout, arrangement, sanitary and technical condition of enterprises for the production of functional, therapeutic (dietary) and preventive nutrition products, as well as the turnover of these products.

These sanitary rules and regulations are binding on state bodies, enterprises, institutions, organizations, associations and individuals whose activities are related to the design, construction, reconstruction, operation of organizations for the production and circulation of products of functional, medical (dietary) and preventive, as well as also for bodies, institutions, officials exercising state sanitary and epidemiological supervision.

Hygienic standards of safety criteria for products of functional, therapeutic (dietary) and preventive nutrition are established in the sanitary norms and rules "Hygienic requirements for food safety".

Functional feeding - nutrition that provides the human body not only with energy and plastic material, but optimizes specific physiological functions and biochemical reactions, contributes to maintaining health, reducing the risk of diseases;

Functional food products - natural food products containing functional ingredients aimed at reducing the risk of developing nutrition-related diseases and (or) replenishing, as well as preventing nutritional deficiencies, maintaining and improving health;

Functional ingredients (functional food ingredient) - physiologically functional components that have the ability to influence physiological functions, metabolic processes in the human body with the systematic use of a functional food product containing them;

Food products for therapeutic (dietary) nutrition - specialized food products with a given nutritional and energy value, physical and organoleptic properties, and intended for use as part of therapeutic diets;

Food products for preventive nutrition - specialized food products intended for the correction of carbohydrate, fat, protein, vitamin and other types of metabolism, in which the content and (or) the ratio of individual substances has been changed relative to their natural content, and (or) which includes not originally present substances or components, as well as food products intended to reduce the risk of developing occupational diseases;

Food products for nutrition of athletes - specialized food products of a given chemical composition, increased nutritional value and (or) directed efficiency, consisting of a complex of products or represented by their individual types, which has a specific effect on increasing the adaptive capabilities of a person to physical and neuro-emotional stress. Athletes' diets may contain functional foods;

The quality of functional nutrition products is a set of characteristics that determine the consumer properties and effectiveness of the product;

Safety of products of functional, therapeutic (dietary) and preventive nutrition - the state of products, processes of their production, operation (use), storage, transportation, sale and disposal, in which there is no risk associated with the likelihood of harm to human life and health.

Identification of products of functional nutrition, therapeutic (dietary) and preventive - activities to establish the conformity of products with regulatory, technical documents and information about the properties, composition, materials and products contained in the documents and labels attached to them;

The effectiveness of the declared properties - products of functional, therapeutic (dietary) and preventive nutrition - activities for experimental, chemical-biological or clinical trials confirming the declared properties of products, carried out in the manner established by the Ministry of Health.

Products of functional, therapeutic (dietary) and preventive nutrition must meet the requirements of regulatory documents in the field of technical regulation. Production is carried out in accordance with the regulatory and technical documentation, the requirements of sanitary rules and regulations.

When developing new types of products and (or) changing their composition, as well as when developing (changing) technological processes, their compliance with expiration dates, product quality and safety indicators, requirements for their observance at the stages of circulation, as well as control methods is justified

Product labeling should contain information about the full ingredient composition, including active substances in accordance with the physiological needs of the body. It is not allowed to use in the production of products:

- synthetic dyes, fragrances, preservatives;
- food raw materials containing GMOs and (or) components obtained by genetic engineering;

The sodium content of salt substitutes should not exceed 120 mg/100 g of salt substitute mixture weight. Certain types of products, including for the nutrition of athletes, must not contain prohibited substances.

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