

## OVERCOME DISEASES WITH FOOD

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**Abstract:** the article deals with the natural treatment of diseases, not with drugs. It is said that we have to fight for our health.

**Keywords.** Diseases, Food, Medicine, Super Foods, Antioxidants, Exercise, Knowledge, not to be indifferent to our health.

First of all, it is necessary to mention 10 wonderful types of products that fight the disease. Enhance your body with a healthy world with food that fights these energy diseases (Kathleen M. Zelman, MD, MD, MD, from the WEBMD archives). It's a nutritionist's dream food, creamy, nutritious and delicious. These are anti-disease foods that everyone should have in their kitchen because they contain many disease-fighting substances. Healthy diet. Experts are quick to point out that diversity is the spice of life. Ideally, these nutritious snacks should replace other, less nutritious foods, which will help reduce calories and increase the amount of nutrients in your diet.

“Super food is terrible, but the most important thing for a healthy lifestyle is a healthy eating regimen that includes a variety of nutritious foods that replace low-nutrient foods,” says Elf Lichtenstein, PhD, professor of nutrition and policy at TUFTS University.

### *Disease control product 1: berries*

Use berries for a strong dose of antioxidants. According to a study by the USDA, the list of fruits rich in antioxidants is leafy greens, followed by fruits, dairy,

citrus puree, and strawberries. The fruit's color is due to anthocyanin pigment, an antioxidant that helps neutralize "free radicals" (molecules that damage cells) that lead to chronic diseases, including cancer and heart disease. Fruits, especially apples, help prevent urinary tract infections. Enjoy a cup of fruit every day as a snack; on your porridge or yogurt; in cakes, salads or smoothies; or in the form of frozen food.

#### *Disease Fighting Food 2: Dairy products*

Dairy products are not only the best dietary source of dietary calcium, but they are also high in protein, vitamins (including vitamin D), and minerals—key to fighting osteoporosis. The 2005 US Government Dietary Guidelines recommend eating low-fat dairy products three times a day, as well as weight-bearing exercise to strengthen bones. (If you're intolerant to dairy, other calcium-rich foods include legumes, dark green leafy vegetables like kale, broccoli, and kale, and calcium-fortified soy foods, juices, and grains.) In addition to strong bones, also dairy products are available to help you lose weight. Research is ongoing, but several studies have shown that a three-day serving of dairy as part of a calorie-controlled diet helps reduce belly fat and speed up weight loss. Carbohydrates and protein. "Dairy products are a very good snack for diabetics and others because they support blood sugar levels." Eat foods with skim milk or yogurt, juice sprinkled with orange juice, and strength replacement foods.

#### *Fighting the disease Food 3: Oily fish*

Omega-3 fatty acids are abundant in fish such as salmon and tuna, which are foods that help, reduce blood fats and fight disease that can help prevent blood clots associated with heart disease. American Health Association fish at least twice a week (especially oily fish) recommends eating at least two servings. "Eating a diet rich in oily fish helps reduce the risk of cardiovascular disease," says Liechtenstein. turn on the grill or put the fish under the broiler for a quick, tasty and heart-healthy meal.

#### *Food for disease 4: dark, leafy greens*

One of the best foods to fight disease is dark, leafy greens, which include everything from spinach, cabbage and buckwheat tea to a dark salad. They are loaded

with vitamins, minerals, beta-carotene, vitamin C, folate, iron, magnesium, carotenoids, phytochemicals and antioxidants. Research at Harvard has shown that eating foods rich in magnesium, such as spinach, reduces the risk of developing type 2 diabetes. colored greens.

#### *Disease food 5: whole grains*

Whole grains usually contain nutrients that are purified from refined grains. They contain folic acid, selenium and B vitamins, which are important for heart health, weight control and reducing the risk of diabetes. Their fiber content helps you feel full between meals and strengthens your digestive health. Enjoy at least three servings of whole grain breads a day: whole wheat; barley; rye; millet; others

#### *Eat healthy foods for your health*

Fruits and vegetables are great for health, even for your waistline. But some fresh foods are stronger than others. Super foods contain more vitamins, minerals, and disease-fighting nutrients. Add this healthy choice to your diet and fill your diet with shock.

#### *Alfalfa grows*

One cup of alfalfa contains less than 10 calories, almost no fat, and contains phytochemicals called saponins that protect against cancer and help lower cholesterol. How to consume them: Fresh in salads or sandwiches, or small burgers with turkey or vegetables.

#### *Apples*

Apples are the richest fruit source of pectin, which has been found to lower blood pressure, lower cholesterol, reduce the risk of colon and breast cancer, and reduce the severity of diabetes. Try tossing a few pieces into your favorite sandwich or tossing with a light vinaigrette for field greens, roasted pecans and a delicious salad. When there are so many varieties, you will never get tired of looking for new ways to add them to your daily diet.

#### *Avocado*

Correspondingly, only half of a medium-sized avocado contains more than 4 grams of fiber and 15% of the daily amount of folate consumed. Cholesterol-free and monounsaturated fats and potassium-rich avocados are also energy for heart health. How to enjoy them: Use avocado as a base for a homemade creamy sandwich spread or your favorite salsa for a simple and delicious way of dressing grilled chicken or fish add a few pieces.

### *Beets*

Beets are packed with antioxidants and have been found to protect against cancer, heart disease and inflammation. Naturally sweet and full of fiber and vitamin C, beets add deliciousness and nutrients to any meal. How to enjoy them: Taste finely chopped raw beets in your salads for a colorful and delicious meal, or use them as sweet potatoes and roast with nuts - simply some cooking methods (e.g. boiling) can reduce their nutritional value. And don't forget about the leafy green tops, which are rich in iron and folate, prepared by their cousins, such as Swiss chard and spinach.

### *Cranberries*

Cranberries are known to protect against urinary tract infections, but did you know that they improve blood cholesterol and help restore blood vessels? Cranberry juice has also been proven to make anti-cancer drugs stronger. How to enjoy them: While fresh, available all year round, enjoy fresh cakes and well-known fruits during the peak season of October and December.

### *Flax seeds*

Flaxseed not only lowers blood cholesterol and reduces the risk of heart attack, but it is also a rich source of lignan, a powerful antioxidant that can be a powerful ally against disease and some cancers, especially breast cancer pancreatic cancer. Just 2 tablespoons of crushed seeds (digested more efficiently than whole seeds) contain about 20% of the fiber consumed daily and more than 100% for omega-3 fatty acids that fight inflammation. How to enjoy: Add crushed flaxseed to baked goods to taste nuts or sprinkle it on top of your favorite cereal. It is also delicious when mixed with yogurt and fresh fruit for flavor.

\* One caveat: add flaxseed to your diet slowly, as it can have a laxative effect.

Your choice of diet will have a big impact on your overall health.

Studies show that eating habits affect the risk of disease. While some foods can cause chronic health conditions, others offer strong medical and protective properties.

Thus, many people claim that food is medicine. However, the diet itself cannot and should not replace medicine in any case. While many diseases can be prevented, treated, or even cured due to dietary and lifestyle changes, many others are unable to do so. Explains whether and should not be used for treatment.

#### *How food nourishes and protects your body*

Many of the nutrients in food strengthen health and protect the body from disease. It is very important to eat complete, nutritious foods because their unique ingredients can be replicated by taking the supplement. Works synergistically to create a non-invasive effect.

#### *Vitamins and minerals*

While your body needs small amounts of vitamins and minerals, they are very important for your health. Lack of minerals. Such deficiencies can significantly increase your risk of disease. For example; inadequate intake of vitamin C, vitamin D and folate can damage your heart, cause immune disorders and increase your risk of certain cancers.

#### *Useful compounds of plants*

Nutritious foods, including vegetables, fruits, beans, and grains, boast many beneficial compounds, such as antioxidants. Antioxidants protect cells from damage that can lead to disease (5 reliable sources). People with a diet rich in polyphenol antioxidants have lower rates of depression, diabetes, dementia and heart disease.

#### *Fiber*

Fiber is an essential part of a healthy diet. Not only does it help with proper digestion and elimination from the body, but it also nourishes the beneficial bacteria in the gut. Low-fiber diets are associated with an increase in diseases, including colon cancer and stroke.

### *Protein and healthy fats*

Complete, nutritious foods that are high in protein and fat play a variety of important roles in your body.

Amino acids are components of protein that help in immune function, muscle synthesis, metabolism and growth, while fats provide fuel and help in the absorption of nutrients. Omega found in foods such as oily fish -3 fatty acids help regulate inflammation and are associated with improved heart and immunity.

### **Conclusion**

Complete, nutritious foods boast vitamins, minerals, antioxidants, fiber, proteins and fats, which help with health and are essential for the body's optimal functioning.

### *Healthy eating can reduce the risk of disease*

It is important to note that nutritious foods can reduce your risk of disease - as opposed to highly processed foods. Harmful food choices can increase the risk of disease. Is a major cause of conditions such as diabetes and obesity? These processed foods damage your gut bacteria and increase insulin resistance, chronic inflammation and overall risk of disease. Research of more than 100,000 people has shown that ultra-processed foods every 10% increase in production has led to a 12% increase the years of life adapted to disability (DALY) are caused by poor nutrition. DALYs measure the severity of the disease; one unit means complete loss of health.

### *A nutritious diet protects against disease*

On the other hand, studies show that a diet high in and low in processed foods in plant-based foods can boost your health. For example, a Mediterranean diet, healthy fats, rich in whole grains and vegetables, associated with reducing the risk of heart disease, neurodegenerative conditions, diabetes, some cancers and obesity. diets. Indeed, some diets can change certain conditions. For example, a plant-based diet has been found to reverse coronary artery disease, but a very low carbohydrate lifestyle can help eliminate type 2 diabetes in some people.

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