

Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 10, October 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaooa.com/index.php/5>

BALANCED NUTRITION AS A BASIS FOR THE PREVENTION OF DIET-RELATED DISEASES

Salomova Feruza Ibodullayevna

Doctor of Medical Sciences, Professor,
Tashkent State Medical University, Tashkent, Uzbekistan

Sharipova Sojida Ahmedjanovna

Senior Lecturer of the Department Tashkent State Medical University,
Tashkent, Uzbekistan

Abstract

Balanced nutrition is one of the key factors in maintaining health, preventing disease, and preserving physical and intellectual performance throughout life. Unhealthy dietary patterns characterized by excessive energy intake, high consumption of free sugars, salt, saturated and trans fats, combined with insufficient intake of vegetables, fruits, whole grains, legumes, and dietary fiber, are associated with an increased risk of obesity, type 2 diabetes mellitus, cardiovascular diseases, and other noncommunicable diseases. The modern concept of a healthy diet is based on the principles of adequacy, balance, moderation, and dietary diversity. An appropriate diet should meet individual energy requirements and provide sufficient amounts of proteins, fats, carbohydrates, vitamins, minerals, and water. The aim of this article is to review the fundamental principles of balanced nutrition and its role in the prevention of diet-related diseases. Particular attention is given to the consumption of vegetables and fruits, dietary fiber, free sugars, fats, and salt, as well as the importance of adequate hydration and healthy dietary habits.

Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 10, October 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaooa.com/index.php/5>

Keywords: Balanced nutrition, healthy diet, diet-related diseases, obesity, type 2 diabetes mellitus, cardiovascular diseases, proteins, fats, carbohydrates, vitamins, disease prevention.

Introduction

Nutrition is one of the major determinants of human health. Food provides the body with energy and essential nutrients required for growth, tissue repair, and the normal functioning of the nervous, endocrine, immune, and other physiological systems.

Changes in lifestyle and food environments have contributed to significant changes in dietary patterns. Easy access to energy-dense foods, products high in salt, free sugars, and saturated fats, together with insufficient consumption of vegetables, fruits, legumes, whole grains, and dietary fiber, may contribute to an increased risk of chronic diseases. The World Health Organization identifies unhealthy diets as an important risk factor for disease and disability, including cardiovascular diseases, diabetes, and certain cancers.

A healthy diet should meet individual nutritional requirements while taking into account age, sex, physical activity, physiological condition, cultural traditions, and food availability. At the same time, the fundamental principles of healthy nutrition remain adequacy, balance, moderation, and diversity.

Aim of the Study

The aim of this article is to analyze the fundamental principles of balanced nutrition and its importance in the prevention of diet-related diseases.

Fundamental Principles of Balanced Nutrition. Balanced nutrition means that the quantity and composition of food correspond to the physiological needs of the body.

Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 10, October 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaooa.com/index.php/5>

The main principles include:

1. Adequacy — providing sufficient energy and nutrients for normal physiological functioning.
2. Balance — maintaining an appropriate proportion of proteins, fats, carbohydrates, vitamins, and minerals.
3. Dietary diversity — including foods from different food groups.
4. Moderation — limiting excessive intake of nutrients and food components that may negatively affect health.
5. Regularity of meals — distributing food intake appropriately throughout the day.
6. Food safety — consuming foods that meet microbiological and chemical safety requirements.

The WHO and FAO emphasize that a healthy diet should meet nutritional requirements while contributing to the prevention of different forms of malnutrition and chronic noncommunicable diseases.

Energy Requirements. The energy value of the diet should correspond to the body's energy expenditure. Excessive energy intake combined with insufficient physical activity contributes to weight gain and obesity.

In contrast, inadequate energy intake may result in underweight, reduced physical performance, and insufficient intake of essential nutrients.

Energy requirements vary among individuals and depend on age, sex, body weight, physical activity, occupational workload, and physiological status.

Therefore, balanced nutrition does not imply the same caloric intake for everyone. Energy intake should correspond to individual physiological requirements.

Proteins in the Diet. Proteins are essential structural and functional components of the human body. They are required for tissue growth and repair, synthesis of enzymes, hormones, antibodies, and other biologically active substances.

High-quality protein sources include fish, meat, poultry, eggs, and dairy products. Plant-based sources include legumes, nuts, seeds, and various whole grains.

Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 10, October 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaooa.com/index.php/5>

A balanced diet should contain a variety of protein sources. Increasing the proportion of plant-based protein sources may be beneficial as part of a healthy dietary pattern, particularly when they replace some sources of red meat.

Dietary Fats. Fats are concentrated sources of energy and are essential for cell membrane structure, synthesis of biologically active compounds, and absorption of fat-soluble vitamins. Both the amount and quality of dietary fat are important. Preference should be given to sources of unsaturated fatty acids, including vegetable oils, fish, nuts, and seeds. Saturated fat intake should be limited, while industrially produced trans fats should be avoided.

According to WHO recommendations, total fat intake in adults should generally be limited to approximately 30% or less of total daily energy intake. Saturated fats should provide no more than 10% of total energy, while trans fats should provide less than 1%.

Carbohydrates and Dietary Fiber. Carbohydrates are an important source of energy. Preference should be given to complex carbohydrates found in whole grains, vegetables, fruits, and legumes.

Healthy dietary patterns should obtain carbohydrates primarily from whole grains, vegetables, fruits, and legumes.

For people over 10 years of age, WHO recommends consuming at least 400 g of fruits and vegetables per day and at least 25 g of naturally occurring dietary fiber daily.

Dietary fiber supports normal gastrointestinal function, contributes to satiety, and plays an important role in maintaining a diverse intestinal microbiota.

Free Sugars. Excessive consumption of free sugars increases the energy density of the diet and may contribute to excessive weight gain.

WHO recommends limiting free sugars to less than 10% of total daily energy intake. A further reduction to below 5% may provide additional health benefits.

Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 10, October 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaooa.com/index.php/5>

Important sources of free sugars include sugar-sweetened beverages, confectionery products, desserts, syrups, honey, and sugars added during food preparation.

Salt and Sodium. Excessive salt intake is associated with elevated blood pressure and an increased risk of cardiovascular disease.

WHO recommends that adults consume less than 5 g of salt per day. Attention should be paid not only to salt added during cooking or at the table but also to sodium contained in processed foods, bread, processed meat products, sauces, and other commercially prepared foods.

Reducing salt intake is an important population-level strategy for the prevention and control of hypertension.

Fruits, Vegetables, Legumes, and Whole Grains. Fruits and vegetables are important sources of vitamins, minerals, dietary fiber, and various biologically active compounds.

Regular consumption of a wide variety of vegetables, fruits, legumes, and whole grains improves the nutritional quality of the diet.

A dietary pattern based primarily on diverse, minimally processed foods is consistent with current recommendations for healthy nutrition.

Importance of Water. Water is essential for maintaining homeostasis, thermoregulation, transportation of nutrients, and elimination of metabolic waste products.

Fluid requirements vary according to age, environmental temperature, physical activity, dietary composition, and physiological condition. Therefore, a single universal fluid intake recommendation cannot be applied equally to all individuals.

Safe drinking water should be the main source of hydration. Adequate access to safe and clean drinking water is also recognized as an important component of a healthy diet.

Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 10, October 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaooa.com/index.php/5>

Balanced Nutrition and Obesity Prevention. One of the major consequences of a persistent imbalance between energy intake and energy expenditure is excessive weight gain.

Prevention of obesity should include: appropriate control of total energy intake; limiting energy-dense foods; reducing consumption of sugar-sweetened beverages; adequate intake of vegetables and fruits; increasing dietary fiber intake; regular physical activity; development of sustainable healthy eating habits.

Balanced nutrition should be considered not as a short-term diet but as a long-term healthy lifestyle pattern.

Nutrition plays an important role in the prevention of metabolic disorders and type 2 diabetes mellitus.

Dietary patterns characterized by high consumption of energy-dense foods, free sugars, and saturated fats, particularly when combined with insufficient physical activity, may contribute to excess body weight and metabolic disturbances.

A preventive dietary pattern should include vegetables, fruits, legumes, whole grains, high-quality protein sources, and unsaturated fats while limiting free sugars and excessive intake of saturated fats.

Balanced Nutrition and Cardiovascular Diseases. Dietary patterns are closely associated with several cardiovascular risk factors.

Important preventive measures include: maintaining a healthy body weight; limiting salt intake; reducing saturated and trans fat consumption; consuming sufficient vegetables and fruits; regularly consuming whole grains; including sources of unsaturated fats; limiting foods and beverages high in free sugars.

A healthy diet is an important component of cardiovascular disease prevention.

Vitamins and Minerals. Micronutrients are essential for normal physiological functioning even though they are required in relatively small quantities. They include vitamins and minerals such as iron, calcium, iodine, zinc, magnesium, and others.

Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 10, October 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaooa.com/index.php/5>

Deficiencies of specific micronutrients can result in characteristic health problems. Therefore, the preferred way to obtain most vitamins and minerals is through a varied and nutritionally adequate diet containing vegetables, fruits, whole grains, legumes, nuts, seeds, and appropriate protein sources.

When a specific nutrient deficiency is suspected or confirmed, supplementation should be considered on an individual basis and according to clinical indications. Meal Patterns. Balanced nutrition also includes an organized meal pattern. The number and timing of meals may vary according to age, occupational schedule, physical activity, and individual preferences.

Regular meals may help maintain a stable eating pattern and prevent excessive hunger and overeating.

It is important to avoid habitual overeating and excessive consumption of high-calorie foods, particularly when these behaviors contribute to an overall positive energy balance.

Consequences of Unhealthy Nutrition. Long-term unhealthy dietary patterns may contribute to: obesity; underweight or excessive weight gain; arterial hypertension; dyslipidemia; type 2 diabetes mellitus; cardiovascular diseases; micronutrient deficiencies; gastrointestinal disorders; reduced physical performance; impaired quality of life.

However, the development of disease is influenced not only by diet but also by genetic, behavioral, socioeconomic, and environmental factors.

Modern Approach to Healthy Nutrition. The modern concept of healthy nutrition is increasingly focused not on individual foods but on the overall dietary pattern. The WHO and FAO emphasize that a healthy diet should be considered in relation to nutritional quality, food safety, affordability, cultural acceptability, and individual nutritional needs.

A healthy dietary pattern should be based primarily on a variety of minimally processed foods. The proportion of vegetables, fruits, legumes, and whole grains

Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 10, October 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaooa.com/index.php/5>

should be increased, while foods high in salt, free sugars, saturated fats, and industrial trans fats should be limited.

Preventive Recommendations

For maintaining a healthy dietary pattern, it is recommended to:

1. Consume a variety of vegetables and fruits every day.
2. Regularly include legumes and whole-grain products.
3. Prefer fish, poultry, low-fat dairy products, and other high-quality protein sources.
4. Use predominantly unsaturated vegetable fats.
5. Limit saturated fat intake.
6. Avoid industrially produced trans fats.
7. Limit free sugars.
8. Control salt intake.
9. Maintain adequate hydration.
10. Combine balanced nutrition with regular physical activity.
11. Consider individual energy and nutritional requirements.
12. Develop healthy eating habits from childhood.

Conclusion

Balanced nutrition is an essential component of preventive medicine and one of the major determinants of health throughout the life course. A healthy dietary pattern should provide adequate energy and essential nutrients while preventing excessive intake of potentially harmful dietary components.

The fundamental principles of balanced nutrition are adequacy, balance, moderation, and diversity. Priority should be given to vegetables, fruits, legumes, whole grains, high-quality protein sources, and foods containing unsaturated fats. Free sugars, salt, saturated fats, and industrial trans fats should be limited or avoided.

Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 10, October 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaoa.com/index.php/5>

Balanced nutrition plays an important role in the prevention of obesity, type 2 diabetes mellitus, cardiovascular diseases, and other diet-related conditions. Effective prevention requires not a short-term restrictive diet but the development of sustainable healthy eating habits adapted to age, lifestyle, physiological requirements, and cultural characteristics.

References

1. Akhmadalieva, N., Nigmatullaeva, D., Kamilov, A., Hakimova, D., & Salomova, F. (2020). Comparative self-assessment of the teachers' health of higher education institutions of the republic of Uzbekistan. *International Journal of Advanced Science and Technology*, 29(5), 1353-1355.
2. Axmedova, P. B. (2025). Adenotomy in children with allergic rhinitis and bronchial asthma. *Web of Medicine: Journal of Medicine, Practice and Nursing*, 3(3), 459-466.
3. Demir, A., Sadykova, A., & Kashkinbay, S. (2024). The use of mobile learning in patriotic education through the heroic image of Bauyrzhan Momyshuly in history lessons at school. *Pedagogical journal of Kazakhstan*, 2(75), 20-35.
4. Durdona, Q. S. R. O. T. (2024). THE CURRENT STATE OF THE PROBLEM OF SEVERE ACUTE PANCREATITIS.
5. Durdubaeva, R. M., & Sadikova, A. M. (2021). State of the raw ore resource and technological package for potassium fertilizer production in Uzbekistan. *Экономика и социум*, (2-1 (81)), 121-125.
6. Gladkovskiy, D. A., Sadykova, A. M., & Oteпова, G. E. (2024). RELEVANCE OF INTERACTIVE TEACHING METHODS IN SCHOOL HISTORY LESSONS. КеАҚ «Әлкей Марғұлан атындағы Павлодар педагогикалық университетінің» ғылыми, ақпараттық-талдамалы журналы Научный информационно-аналитический журнал НАО

Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 10, October 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaooa.com/index.php/5>

- «Павлодарский педагогический университет имени Элкей Марғұлан», 4.
7. Karimova, A. E., Amanova, A. S., Sadykova, A. M., Kuzembaev, N. E., Makisheva, A. T., Kurmangazina, G. Z., & Sakenov, J. (2016). Theoretical Model of Professional Competence Development in Dual-Specialty Students (On the Example of the "History, Religious Studies" Specialty). *International Journal of Environmental and Science Education*, 11(17), 10683-10693.
 8. Karimova, A., & Sadykova, A. (2020). Кооперативное движение в дореволюционном Казахстане: историографический аспект. *Journal of history*, 97(2), 158-168.
 9. Khakimova, D., Sh, K., & Salomova, F. (2023). Results of hygiene assessment of food of school students. In *International Scientific-Practical Conference "Only English: Advances in Medical Research and Practice Conference (Vol. 23, No. 2023, pp. 78-79)*.
 10. Kobiljonova, S. R., Jalolov, N. N., Sharipova, S. A., & Mirsagatova, M. R. (2022). SPECTRUM OF CAUSE-SIGNIFICANT ALLERGENS CAUSING POLYNOSIS IN CHILDREN.
 11. Mirkhamidova, S., Rustamova, H., Sharipova, S., Mamadjanov, N., Tuychieva, D., & Karimbayev, S. (2021). Methods of HIV infection prevention used by nurses. URL: <http://repository.tma.uz/xmlui/handle/1/1617>.
 12. Mirrahimova, M. X., Kohiljonova, S. R., & Sadullayevna, X. A. (2022). PREVALENCE AND RISK FACTORS OF ALLERGIC DISEASE IN CHILDREN.
 13. Ponomareva, L. A., Kazakov, E. K., Abduqodirova, L. K., Tuhtarov, B. E., Dravskix, I. K., Sharipova, S. A., & Sadullayeva, X. A. (2011). Umumiy gigiyena bilan ekologiya. Amaliy mashg'ulotlar uchun o'quv qollanma. Toshkent. Tafakkur-bo 'stoni.

Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 10, October 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaooa.com/index.php/5>

14. Rahimov, B. B., Salomova, F. I., Jalolov, N. N., Sultonov, E. Y., & Obloqulov, A. G. (2023). O 'ZBEKISTON RESPUBLIKASI NAVOIY SHAHRI HAVO SIFATINI BAHOLASH: MUAMMOLAR VA YECHIM YOLLARI.
15. Sadikova, A. M. (2025). CYTOKINE-MEDIATED IMMUNOLOGICAL MECHANISMS AND CLINICAL MANIFESTATIONS OF JUVENILE RHEUMATOID ARTHRITIS. OCHOBY MEDITSINY, 1(7), 203-209.
16. Sadikova, A. M., & Yusupov, S. S. (2023). Modern Ideas About the Clinical and Immunological Features of Modern Juvenile Rheumatoid Arthritis and Methods of Its Therapy.
17. Sadykova, A. M., Sabdanbekova, Z. A., & Amanova, A. S. (2022). Ресей империясындағы мемлекет пен діннің қарым-қатынасы тарихынан. Bulletin of the Karaganda university History. Philosophy series, 105(1), 136-143.
18. Salomova, F. I. (2024, December). STIMULATION OF THE IMMUNE RESPONSE BY CYTOKINE PREPARATIONS AND THEIR STANDARDIZATION. European Youth innovation society conference.
19. Salomova, F. I., & Kosimova, H. T. (2017). RELEVANCE OF STUDYING INFLUENCE OF THE BONDS OF NITROGEN POLLUTING THE ENVIRONMENT ON HEALTH OF THE POPULATION SUFFERING CARDIOVASCULAR ILLNESSES (REPUBLIC OF UZBEKISTAN). In INTERNATIONAL SCIENTIFIC REVIEW OF THE PROBLEMS AND PROSPECTS OF MODERN SCIENCE AND EDUCATION (pp. 81-83).
20. Salomova, F. I., Bobomuratov, T. A., Akhmadaliyeva, N. O., Imamova, A. O., & Niyozova, O. A. (2022, November). Formation of the principles of a healthy lifestyle in preschool children. In Uzbekistan-Japan International Conference «Energy-Earth-Environment-Engineering.
21. Salomova, F. I., Mavlonov, A., & Abdukadirova, L. K. (2024). Talabalar o'rtasida gastritning tarqalishi va to'g'ri ovqatlanishning ahamiyati.

Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 10, October 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaooa.com/index.php/5>

22. Salomova, F. I., Mirrahimova, M. X., Sadullayeva, X. A., & Kobiljonova, S. R. (2022). Prediction and prevention of food allergies in children. In Uzbekistan-Japan International Conference «Energy-Earth-Environment-Engineering», November (pp. 17-18).
23. Salomova, F. I., Yuldasheva, F. U., Sherkuzieva, G. F., & Sharipova, S. A. (2024). STUDYING THE EFFECT OF IRRATIONAL NUTRITION ON THE STUDENT'S BODY.
24. Seidulaeva, L. B., Ergalieva, A. A., Shokalakova, A. K., Sadykova, A. M., & Utezhanova, G. D. (2015). Dirofilariosis. KazNMU Bulletin, 2, 72-74.
25. Sharipova, S. A., & Ikramova, N. A. (2024). CONSEQUENCES OF NOT BREASTFEEDING FOR THE MOTHER AND INFANT.
26. Sharipova, S. A., & Muyassarova, M. M. (2019). Studying the level of medical activity of the rural population. European science, 2(44).
27. TURLYBEKOVA, A., SADYKOVA, A., & SHABAMBAYEVA, A. (2025). RELIGIOUS LIFE OF KAZAKHSTAN IN THE PERIOD OF GREAT PATRIOTIC WAR. HISTORICAL AND SOCIO-POLITICAL SCIENCES» Учредители: Abai Kazakh National Pedagogical University, 83(4).
28. Кобилжонова, Ш. Р., & Садуллаева, Х. А. (2021). IMPACTS OF THE ENVIRONMENT ON HUMAN HEALTH.
29. Миррахимова, М. Х., Садуллаева, Х. А., & Кобилжонова, Ш. Р. (2022). Значение экологических факторов при бронхиальной астме у детей (Doctoral dissertation, Россия). Рустамова, ХЕ, Нурмаматова, КЧ, & Машарипова, Р. Некоторые аспекты состояния здоровья населения Узбекистана. ББК, 51, 118.
30. Муяссарова, М. М. (2018). Изучение уровня медицинской активности сельского населения. Молодой ученый, (5), 64-66.
31. Пирназаров, М. М., Садиков, А. А., Махмудов, Д. Э., & Хегай, Л. Н. (2021). Магнитно-резонансная томографическая визуализация повреждений коленных суставов. Re-health journal, (1 (9)), 152-159.

Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 10, October 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaooa.com/index.php/5>

32. Рахимов, Б. Б., Саломова, Ф. И., Жалолов, Н. Н., Султонов, Э. Ю., & Облакулов, А. Г. (2023). Оценка качества атмосферного воздуха в городе навои, республика Узбекистан: проблемы и решения. In Сборник трудов по материалам Международной научно-практической конференции.
33. Садикова, А. М., & Ашурова, Д. Т. (2021). РОЛЬ ВИТАМИНА Д В РАЗВИТИИ ЗАБОЛЕВАНИЙ НИЖНИХ ДЫХАТЕЛЬНЫХ ПУТЕЙ У ДЕТЕЙ. Central Asian Journal of Medical and Natural Science, 2(5), 299-302.
34. Саломова, Ф. И. (2008). Особенности физического развития школьников с нарушениями осанки. Вестник Санкт-Петербургской государственной медицинской академии им. ИИ Мечникова, (4), 48-50.
35. Саломова, Ф. И., & Кобилжонова, Ш. Р. (2026). ФАКТИЧЕСКОЕ ПИТАНИЕ ДЕТЕЙ С ОЦЕНКОЙ БИОЛОГИЧЕСКОЙ И ПИЩЕВОЙ ЦЕННОСТИ РАЦИОНОВ У АЛЛЕРГИЧЕСКИХ ДЕТЕЙ ДОШКОЛЬНОГО ВОЗРАСТА. Медицинский журнал молодых ученых, (17 (03)), 384-389.
36. Саломова, Ф. И., Искандарова, Г. Т., Садуллаева, Х. А., Шарипова, С. А., Шеркўзиева, Г. Ф., Нурматов, Б. Қ., & Садирова, М. К. (2022). Атроф муҳит ва инсон саломатлиги мутахассислиги амалий кўникмаларни ўзлаштириш бўйича” услубий кўрсатма.
37. Саломова, Ф. И., Кобилжонова, Ш. Р., & Жалолов, Н. Н. (2023). Оценка эффективности диетотерапии при пищевой аллергии у детей в различные возрастные периоды. In Вестник TMA SPECIAL ISSUE Dedicated to The 10th International Symposium On Important Problems of the Environmental Protection and Human Health.
38. Саломова, Ф. И., Кобилжонова, Ш. Р., & Юлдашева, Ш. П. (2026). Journal of Healthcare and Life-Science Research.

Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 10, October 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaaoa.com/index.php/5>

39. Саломова, Ф. И., Садуллаева, Х. А., Кобилжонова, Ш. Р., & Гаибназаров, С. С. (2022). Генные модификации при аллергических заболеваниях и действие их на детей.
40. Саломова, Ф. И., Шеркушева, Г. Ф., Салуллаева, Х. А., Султанов, Э. Ё., & Облокулов, Л. Г. (2023). Загрязнение атмосферного воздуха города алмалык. Медицинский журнал молодых ученых, 5(01), 142-146.
41. Шарипова, С. А. (2017). Актуальность проблемы и природные средства повышения защитных свойств организма. Молодой ученый, (22), 428-433.