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HYGIENIC ANALYSIS OF THE DIET OF WORKERS OF THE MINING AND METALLURGICAL PLANT

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Abstract

The results of the study showed that the consumption of carbohydrate and fat-rich products by workers of the mining and metallurgical plant is higher than the norm, while the consumption of milk and dairy products, fruits and vegetables, and fish is insufficient. Male workers consume more beef, chicken, cheese, and butter than women, which affects the overall energy and protein balance. It was found that the consumption level of dairy and dairy products is much lower than the physiological norm. High consumption of confectionery and sugar can lead to excess energy intake.

Keywords: Workers, diet, staple foods, summer-autumn season, food analysis, mining and metallurgical plant.

Introduction

The use of specialized products in the preventive nutrition of workers has shown its effectiveness in protecting the body from adverse production conditions. This



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can serve as a factor in maintaining health and preventing occupational and industrial diseases. Microelements (vitamins and minerals) play an important role in reducing occupational and industrial diseases among workers of industrial enterprises. This relationship with of affairs to oneself originality and toxic of compounds to the organism of the impact nature into account taken without preventive diets optimization roads Metallurgy enterprises of workers real nutrition and vitamins with provision research on the situation results presented done [3,4,6,9].

Workers health and fertility impact to do possible was other factors, such as nutrition role usually out of consideration aside remains. Nutra- ergonomics workers , their work environment and work indicators between their food status with related mutual dependency It describes the food . physical and spiritual health, as well as the workers' far term well-being cover recipient safe and effective work of the place inseparable considered to be a part of [1,6,8,10,11]. Last in years hypodynamia under the circumstances activity driver employees between food quality and labor efficiency between mutual dependency to determine aimed at scientific research number increasing The population is increasing. full- fledged and balanced of food importance regarding awareness exceed going in the background, this like iron in research important feed elements enough and reasonable consumption to do based food diet work fertility impact analysis was done [2,5,7,12].

Research Purpose

Mining and metallurgy combine of workers of the year in the warm (summer-autumn) season daily ration the composition hygienic from evaluation consists of.

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Research material and Methods

Research Navoi mining and metallurgy combine of workers of the year summer-autumn in season daily consumption to be done main food of products consumption level and physiological standards with comparison analysis . Obtained information statistic again worked .

Received results

Mining and metallurgy combine of workers of the year summer-autumn in season daily consumption to be done main food of products analysis The results are in pictures 1, 2, and 3. quoted .

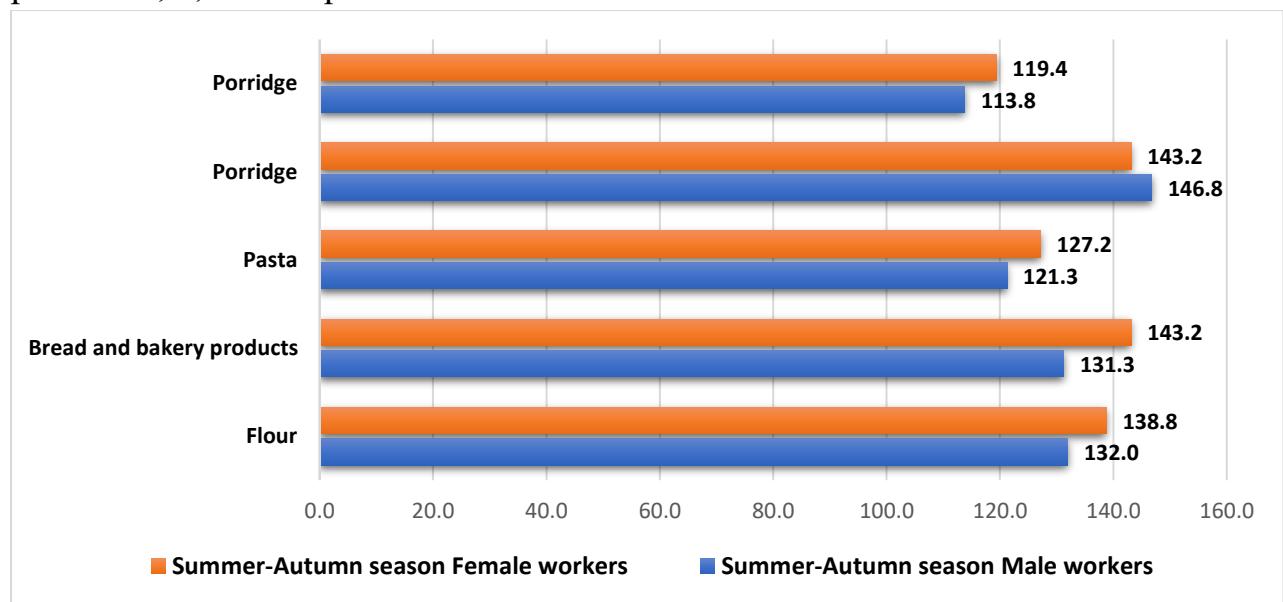


Figure 1. Workers summer autumn flour and bread products in season consumption level

1st figure to the information according to, winter - spring in season workers' flour and bakery products current by group consumption designated physiological

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standards with by comparison evaluated. Obtained results male and woman in workers this products consumption from the standards high that showed.

Flour consumption male 39.6 grams in workers, women in workers and 34.7 grams organization noticeable excess consumption status record Bread and bakery products male by in workers current consumption is 328.2 grams, female in workers and consume 315 gr. Pasta products consumption male 66.7 gr in workers, female 63.6 grams in workers organization from the standards high that Rice consumption is also male 62.6 gr in workers , female The workers have 59.7 grams , and the current on a diet this product from the norm high at the level being used determined .

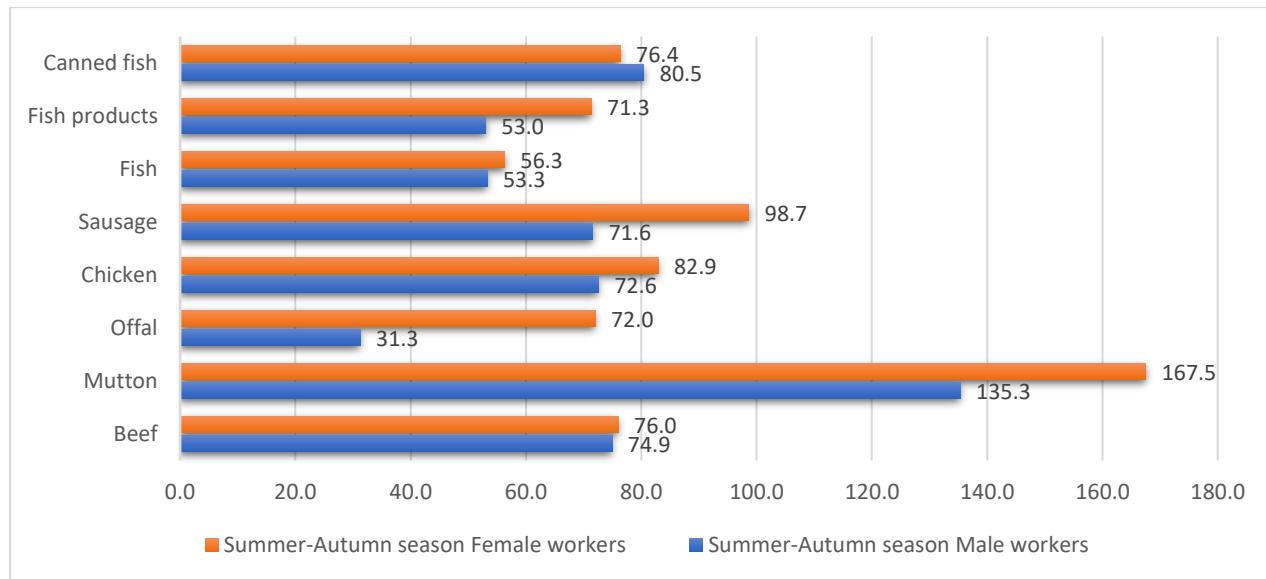


Figure 2. Workers summer autumn in season meat and fish products consumption level

Beef supply level 74.9% in men and 76.0% in women organization hygienic to the standards relatively shortage the existence shows. Sheep meat consumption and on the contrary, from the norms high, 135.3% in men and in women at 167.5% record This is the of the product on a diet excess to share has that means.

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Internal products with provision level in men very low (31.3%), in women and relatively higher (72.0%) , although both enough in the group at the level not being is observed. Chicken meat supply level 72.6% in men and 82.9% in women organization and below - standard indicators manifestation Sausage products in consumption 71.6% deficiency in men determined if, in women this the indicator is 98.7% reach the standards approached. Fish and fish products with provision level both Even in the group, the fish is low. consumption 53.3% in men and 56.3% in women, fish products and suitable 53.0% and 71.3 % respectively organization Fish canned goods provision for level 80.5% in men and 76.4% in women, which is also in the diet this products enough that it is not shows.

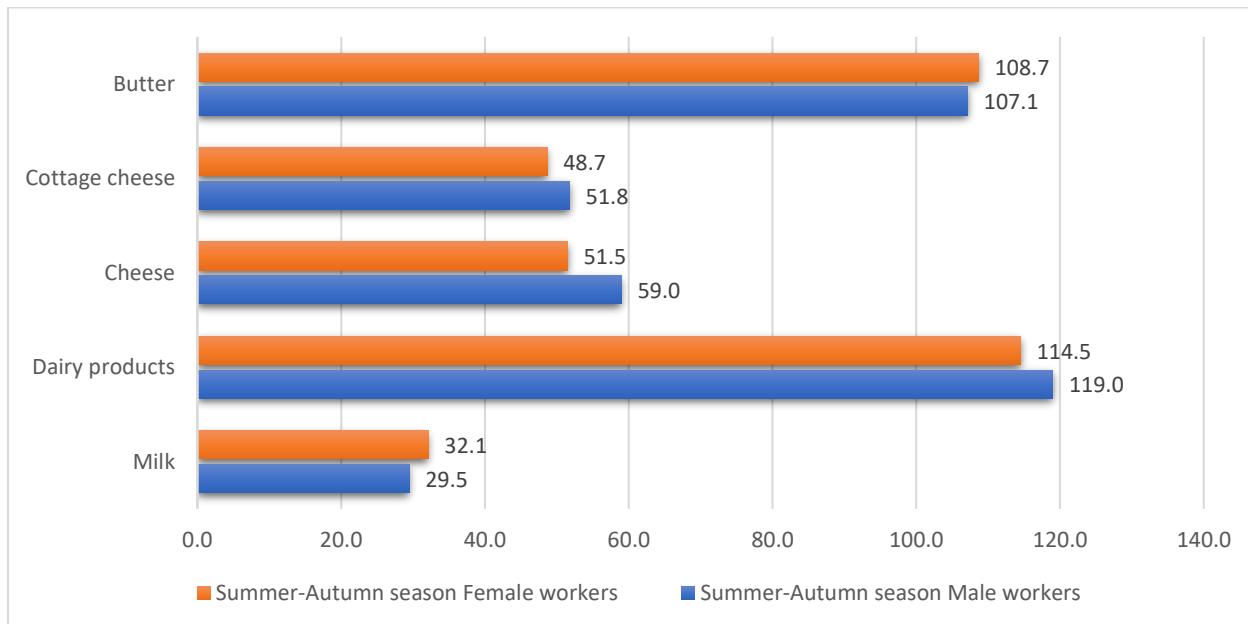


Figure 3. Workers summer-autumn in season milk and milk products consumption level

Summer - autumn in season workers milk and milk products with provision level product types and sexual groups in the section noticeable to differences In

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particular, milk with provision level male 29.5% of workers and woman 32.1% of workers organization hygienic to the standards relatively sharp shortage the existence shows. Milk products (yogurt, kefir and (sh.k.) provision level relatively high , 119.0% in men and 114.5% in women organization reached , this and this products on a diet from the norm more than consumption being done means . Cheese consumption provision for level male 59.0% among workers, 59.0% among women and 51.5 %, both enough in the group not being determined. With cottage cheese provision level is also low has, 51.8% in men, 51.8% in women and 48.7 % organization reached.

Conclusion

Summer-fall in season workers food diet in the content animal proteins, especially fish and poultry shortage of products the existence shows. Hot in season milk and milk of products consumption status analysis when done physiological to the standard relatively low This was determined. in case workers diet correction their work efficiency increase with one in line professional to tensions organism adaptation and professional illnesses prevent in receiving big importance profession will reach.

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