

ANALYSIS OF MICRONUTRIENTS IN BABY FOOD RATION IN THE PRESENCE OF COMPLICATIONS AFTER RICKETS

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For the full growth and development of a child, not only proteins, fats and carbohydrates are needed, but also vitamins, macro-and microelements in quantities corresponding to physiological needs. The lack of any of these substances negatively affects the health, growth and development of the child. An increase in the norm and a change in body weight in preschool and primary school age is very noticeable: if at the age of 1.5 the child's body weight is 11-12 kg, then at 6.5 years old he doubles and weighs 20-24 kg. Permanent tooth changes in milk teeth occur at the age of 5-6 years. High skeletal growth rate and the formation of bone tissue, increased metabolic processes require constant intake of protein, vitamin D and calcium in sufficient quantities with food. The purpose of our work is to analyze the vitamin and mineral elements in the diet of children's real food, in which there are complications after rickets. Our scientific research was conducted among 30 children (12 boys and 18 girls) with complications after rickets living in Nukus, Karakalpakstan Republic.

The survey-questionnaire method was used to collect data. Data collection was carried out in the conditions of the expedition 2 times a year, that is, for 10 days in the Winter-Spring Season (3 at the beginning of the month, between 4 and 3 days at the end), and the food consumed by them was recorded in specially designed personal sheets. The amount of vitamins and mineral elements in food rations was calculated according to the tables of the chemical composition of food substances.

Analyzing the results obtained, we can say that the patient's nutrition ration did not have enough calcium, magnesium, phosphorus. The amount of phosphorus in the main group was 29.1% in the winter-spring period, less than the norm of 31.7% in the summer-autumn period. Calcium deficiency was 37 and 49.1% depending on the season. The ratio of calcium and phosphorus by seasons was 1:1.7 in the Winter-Spring Season; 1:1.8 in the summer-autumn season. We can see that such a large ratio of calcium and phosphorus is disproportionate to the physiological norm of calcium in ration (1:1.5). Our studies have found that patients have a deficiency of the following studied vitamins (A, V2, RR, etc.) in the winter-spring period in nutrition rations. In the daily ration, the amount of vitamin A was consumed from the norm by 44.4 and 22.2%, vitamins C and B2 – by 21.4 and 7.1%, and vitamin RR-by 1.3 and 3.3% less. Vitamin V1 was 25.0 and 16.7% higher than the norm in the winter-spring and summer-autumn

seasons. In conclusion, it was found that the amount of vitamin and mineral elements in the ration of real food in children with complications after rickets is not from the required norm to prevent the disease in children.

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