

THE USE OF MODERN FOODS AND THEIR HEALTH EFFECTS

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Abstract

The food industry has undergone major changes in recent decades. Due to technological progress, the expansion of global trade, and urbanization, human life has become significantly easier. People no longer spend a lot of time preparing meals, but quickly get their needs through semi-finished products, fast food or packaged food. But it's worth thinking seriously about the health effects of modern foods.

This article analyzes types of modern food products, technologies of their processing, additives they contain and their positive and negative impact on human health.

Introduction

The main types of modern feeders

Modern feeds are classified in:

1. Fast food products

Fast food is a fast food that is often sold in restaurants, on the street, or in shopping centers. Such products as hamburgers, lavash, hot dogs, fries are examples. These products are characterized by a high caloric content, excess fat and salt^{content 1}.

2. Semi-finished and canned products

Frozen cutlets, canned meat and fish products, packaged soups and sauces — all these are convenient with their quick remedy, but contain many artificial additives.

3. Carbonated and sugary drinks

Cola, energy drinks, fruit juices — these are in most cases high levels of sugar and artificial flavors. Their regular consumption causes various metabolic disorders².

4. GMO products (genetically modified organisms)

GMO foods are genetically modified and created for purposes such as higher yields or pest resistance. Their health effects are still the subject of scientific debate³.

Negative health effects

1. Overweight and obesity

Modern products are generally high in calories and low nutritional value. Ingredients like trans fats, sugar, and white bread increase body fat. And a lack of protein and fiber leads to obesity⁴.

2. Qandli diabetes (II-type)

Excessive sugar consumption leads to an increase in blood glucose levels. This increases insulin resistance and as a result, type II diabetes develops⁵.

3. Cardiovascular disease

Trans fats, excess salt, and cholesterol increase the risk of heart disease, hypertension, and stroke. Fast food and canned foods contain an abundance of such substances⁶.

4. Digestive problems

Fast food and canned foods contain less fiber, so the intestinal activity is slow. Constipation, hemorrhoids and other problems arise⁷.

5. Saraton xavfi

Certain artificial colors, preservatives, and flavor enhancers can trigger the growth of cancer cells in the body when consumed long-term. For example, nitrites increase the risk of stomach and intestinal cancer⁸.

Pros and healthy alternatives

Pros:

- Prepare quickly and save time;
- It is easy to transport and store;
- Some products are enriched with artificial vitamins.

Sog'lom muqobillar:

- **Natural products:** fresh vegetables and fruits, homemade foods;
- **Drink more water:** water instead of carbonated drinks, natural juices;
- **Fiber-rich foods:** whole grain products, lobbia, nuts;
- **Products containing essential vitamin and mineral substances.**

Healthy Eating Tips

- Consume at least 400 grams of vegetables and fruits daily;
- Tuz iste'molini kuniga 5 grammdan oshirmang;
- Limit sugar intake — no more than 25-30 grams per day^[9];
- Use vegetable oils instead of saturated fats;
- Follow an active lifestyle — Along with nutrition, physical activity is important.

Conclusion

Although modern food has greatly simplified the life of mankind, neglecting its composition and intake can create serious health problems. Therefore, it is imperative that each consumer is responsible for his choice, reads the product label and follows a healthy lifestyle. At this time, diseases can be prevented by forming a culture of healthy eating in society.

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