RATIONAL NUTRITION OF KNOWLEDGE STAFF AND STUDENTS

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ABSTRACT: *This article gives the concept of proper nutrition for knowledge workers, proper nutrition, selection of foods, meals, drinks, fruits, etc. Proper nutrition is necessary for every person, but since people with a sedentary lifestyle must make up their own diet and follow it.Also, it is important to all staff of any business in service industry.*

Key words: *nutrition, food, proteins, fats, carbohydrates, vitamins, mineral elements*

INTRODUCTION

Modern conditions have transformed the nature of a substantial portion of the population's labor activity, resulting in a rise in the number of persons engaged in mental work (economists, lawyers, managers, programmers, marketers, bank employees, teachers, etc.).

Low motor activity is associated with mental work, resulting in muscle unloading (hypodynamic) (hypokinesia). An active muscular system is believed to be a factor in ensuring the smooth operation of all organs and systems of the body, particularly the cardiovascular and nervous systems. In addition, a relatively high-calorie diet with insufficient muscle load leads to a rise in body weight.

The psych emotional sphere is under a lot of stress, which can lead to adverse alterations in the central neurological and cardiovascular systems, as well as metabolic processes. This causes weariness and impaired performance by increasing the release of adrenaline and corticosteroids, as well as the levels of cholesterol, triglycerides, and glucose in the blood. This, combined with a lack of or insufficient physical activity, contributes to the development of atherosclerosis. There is a direct risk of overeating, being overweight, developing early atherosclerotic changes in the body, developing neuropsychic and

cardiovascular disorders (hypertension and coronary heart disease), constipation, hemorrhoids, and other problems in these circumstances.

The high activity of nerve cells produces a rise in the consumption of proteins and water-soluble vitamins, resulting in a 25-30% increase in the need for vitamins C and B.

Nerve cells are extremely sensitive to a shortage of nutrients that are required for regular operation. A reduction in blood glucose levels, which occurs with irregular meals, reduces cerebral cortex function, resulting in headaches, decreased efficiency, and decreased concentration. Vitamin deficiency causes irritation, sleep disturbances, memory loss, and a gloomy mood.In this regard, the most important nutritional principles for people who work with their minds are:

• lowering the caloric content of consumed food to the level of produced energy costs;

• moderate restriction of nutrition (it is designed for many years, sometimes lifelong use);

• full satisfaction of the body's physiological needs for macro- and micronutrients;

• anti-sclerotic focus;

• anti-stress orientation; • lipotropic orientation; • increasing the motor (motor) capacity.

Food has an energy value. During non-working hours, energy expenses often do not exceed 80-90 kcal per hour and average 1800-2300 kcal per day with mental labour and minimal physical stress. As a result, food should not have an energy value higher than this. 11: 30: 59 percent of daily calorie intake should be provided at the expense of proteins, fats, and carbs, accordingly. Reduced consumption of high-calorie foods, fatty foods, and confectionery should be used to minimize energy value.

Protein requirements range from 58 to 72 grammes per day, with animal proteins accounting for at least 55 percent. Low-fat dairy products, lean meats, and fish should be prioritized. Dairy products should account for around half of the animal protein consumed [23].

LITERATURE REVIEW

The primary reasons for physical training interference were identified by the students as a lack of training circumstances, a lack of theoretical understanding, and

characteristics of the emotionally strong-willed region of the personality. Physical training was seen negatively by the students. The following were identified as student motivations for physical training: improved mood and health; receiving satisfaction from training; receiving a good grade or credit; application of acquired knowledge and skills in everyday life; fashion and prestige of physical culture training and sport; and application of acquired knowledge and skills in everyday life [1].

There were strong links discovered between health views, proper diet, and a positive self and body image. The genders and the subpopulations in the sample had distinct associations between these variables. Physical activity was found to be more associated with a positive body image and health perceptions than healthy eating. In comparison to the rest of the students in the sample, nutrition students reported greater rates of favorable health beliefs, positive self and body image, and physical activity participation. The study suggests, as have many others before it, that successful health promotion policy should reflect a collectivist rather than an individualist ethos by providing health prerequisites through a public health promotion policy, where academic settings support a healthy lifestyle policy by increasing availability of a healthy, nutritious, and varied menu in cafeterias and offering students various activities that promote healthy eating and exercise [2].

The role of health consciousness in explaining consumer behavior towards functional foods is one of the study's primary contributions. The findings show that health consciousness is a significant element in explaining consumer food consumption behavior and that it improves the MERE model's explanatory power. The study's limitations stemmed from the nature of convenience sampling. The outcomes of this study suggest that increasing levels of specific elements, such as attitude, an education campaign about functional foods and their health advantages, and approval from important others, can help people consume more functional foods. Promoting functional foods will allow for product differentiation based on a health-related positioning, and the foodservice industry will have a good opportunity to prepare for the future food market [3].

METHODOLOGY

For this research authors have used questionnaire methods around service sector individuals. Andalso,hasmentioneddemographics aspects of people.

RESULTS AND DISCUSSIONS

Lipotropic and anti-sclerotic components are especially important in the nutrition of those who work in mental labor. The important amino acid methionine, which is mostly found in cottage cheese, is one of these lipotropic compounds. Cottage cheese, on the other hand, ranks at the bottom in terms of the sulfur-containing amino acid cystine. Cottage cheese has a modest amount of sulfur-containing amino acids, and some foods (cheese, chicken, cattle, eggs, cod, salmon, herring, etc.) have more, thus they must be included in the diet. Legumes and rye are good providers of sulfur-containing amino acids among plant crops.It should be emphasized that excessive protein ingestion during mental labour is harmful to the body. As a result, an increase in nucleoproteins in the composition of some foods (liver, young meat, fish roe, egg yolk, strong broths, etc.) disrupts the balance between the central nervous system's excitation and inhibition processes, increasing excitability and contributing to the development of gout due to uric acid accumulation in the body.

People who work in mental labour have a relatively low requirement for fats, which ranges from 60 to 81 grammes per day. Fat consumption is restricted since excessive consumption of it during periods of inactivity leads to overweight, obesity, and atherosclerosis. Animal fats (mutton, beef fat) are restricted because they are dominated by solid saturated fatty acids. They have strong atherosclerotic qualities and also cause the cerebral cortex's excitability to deteriorate[23].

In addition to limiting animal fats, it is necessary to slightly increase the amount of vegetable fats containing a number of biologically active substances with an anti-sclerotic orientation, such as polyunsaturated fatty acids (PUFAs), phosphatides (lecithin), tocopherols, sitosterol, and vitamins A and D. Sources of lipotropic drugs that normalise cholesterol metabolism (buckwheat, oatmeal, vegetables, fruits, seafood). 1/4 of the fat should be butter, 1/3 should be vegetable oil, and the balance should be fat contained.

Carbohydrates should be kept to 257-358 g per day in the diet of persons who work mentally. This is accomplished by lowering the amount of sugar consumed as well as any sugar-containing foods (candy, chocolate, cookies, cakes, etc.). Sugar consumption combined with a high level of inactivity and prolonged mental labour results in an increase in body weight, obesity, and accelerates the atherosclerotic process. Sugar should account

for no more than 10% of total carbohydrate consumption. This is not to say that a cup of sweet tea or coffee can't help with brain function.

Dietary fibre should be incorporated in sufficient amounts in the diets of those who participate in mental activity. This is because, in hypokinesia, the gastrointestinal tract's motor function declines, bowel emptying processes are interrupted, and chronic intoxication (self-poisoning) ensues, which is accompanied by a decrease in appetite.

Fiber in the diet does not provide energy. In humans, the action of bacteria in the colon can only partially break them down. They can pass through the gut wall and be partially absorbed. Only around 1% of the nutrients generated during the digestion of dietary fibre reach the human body. This fraction is insignificant in energy metabolism and is frequently overlooked. Dietary fibre is crucial for digestion and the vital activities of the intestinal microbiota, as well as the overall health of the human body. Dietary fibre deficiency is thought to be one of the risk factors for the development of a number of disorders. As a result, fibre begins its vital job in the mouth: chewing it stimulates salivation, which aids in food digestion. Ballast compounds make up about a third of faeces and are necessary for optimal intestinal motility, biliary tract, and urinary tract function[23].

Digestive enzymes have a harder time accessing carbohydrates when fibre is present. As a result, the pace of carbohydrate absorption in the intestine slows, protecting the body against a rapid rise in blood sugar and increased insulin synthesis, which increases fat development. Dietary fibre enhances bile acid and cholesterol binding and excretion from the body, as well as lowering cholesterol and fat absorption in the small intestine. According to statistics, increasing fibre consumption to at least 16 grammes per day lowers the risk of cardiovascular disease by 67%! Dietary fibre binds between 8 and 50 percent of nitrosamines and other carcinogenic substances. Dietary fibre serves as a food source for the bacteria that make up the gut microflora. For these bacteria, pectins are also a source of nutrition. Fiber absorbs water in the stomach, creating a volume (4-6 times its own) and expanding the stomach walls, which aids digestion.

Wholemeal bread, buckwheat, millet, oats, lentils, and other vegetables and fruits are high in dietary fibre. It is recommended that carbohydrates from potatoes, vegetables, and fruits account for at least 25% of total carbohydrate intake.

Vitamins. With high levels of neuro-emotional stress, a heavy burden on the analytical functions of thinking owing to a big flow of information, a shortage of time, and accountability for judgments made, the demand for vitamins that activate redox reactions grows. Almost all vitamins, but especially vitamins B2, B6, C, P, and PP, have this property.

Vitamins with lipotropic and anti-sclerotic properties are just as important for mental workers. Vitamins B12, E, F, choline, inositol, and folic acid are among them. The number of vitamins that improve metabolic processes should be increased by 25-30% on average.

The amount of vitamin A in the visual analyzer must be sufficient to ensure its optimum performance (liver, eggs, butter, carrots)

The avoidance of latent forms of vitamin insufficiency is especially important for persons who work in mental labour. Although the latter do not have well defined symptoms, a variety of general diseases are known, including a reduction in working capacity, particularly mental capacity. In those who work in mental labor, latent types of vitamin deficiency have an essential role in the development of atherosclerosis and hypertension[23].

Mental activity necessitates mineral correction. As a result, insufficient muscle activity can cause calcium to leak from the bones; as a precaution, calcium-rich foods such as milk and dairy products, parsley and dill, green onions, and dried fruits should be included in the diet.

Table salt should be consumed in moderation since it holds water and metabolic products in the body, increasing the risk of hypertension. It is required to improve metabolic product removal from the body.

Diet. The most reasonable eating routine for individuals of mental work is 4-5 dinners per day. The spans between progressive dinners ought not surpass 5 hours.

To guarantee a significant degree of working limit in the nourishment of mental laborers in the principal half of the day, it is prudent to remember for a moderate sum wellsprings of proteins containing nucleic acids, the hydrolysis results of which increment the tone of the focal sensory system. It is important to go into the menu tonic beverages - espresso, tea, cocoa. The seasoning substances that make up cheeses likewise excitingly affect the sensory system. These food sources ought not be burned-through during supper, as they can meddle with the restraint of the focal sensory system.

The first breakfast should offer 25% of daily calories, while the second should provide 15-20%. Breakfast should be more diversified than other meals because appetite is sometimes low in the morning. The menu comprises a variety of fresh vegetable and herb salads to whet the appetite, followed by a hot dish (meat, fish, potato and vegetable, egg or cottage cheese), which is the major source of protein and energy. They also contain gourmet ingredients such as butter, cheese, sausages, and eggs, particularly when a vegetable, cereal, or wheat dish is heated. Hot beverages should be on the breakfast menu (tea, coffee, cocoa).

Lunch meets 35% of one's daily energy requirements. Its energy value for women should not exceed 3760-4600 kJ (900-1100 kcal), whereas it should be 4180-5000 kJ for men (1000-1200 kcal). This meal's menu should comprise a salad or appetiser, a hot first dish (half a chicken for women), and dessert..

Dinner should consist readily digestible dishes and products from fish, eggs, vegetables, milk, fruit, berry and vegetable juices, and lactic acid drinks, and should give 20-25 percent of daily calorie intake. Each meal should include 100-150 g of wheat bread made from 2nd grade flour or rye bread. Fruit or dairy products, as well as baked goods or pastries without cream, should be included as a second dinner.

Meat, milk, and dairy products, butter, and vegetable oil, as well as rye and wheat bread, should all be part of a balanced diet. Fish, eggs, cheese, and cottage cheese should be had once every 2-3 days.

Cooking, steaming, stewing, and baking should be prioritised among the technological processing procedures for food goods[23].

Characteristics of student nutrition. Students' nutrition is similar to that of knowledge workers in general. The most serious issue is that pupils' diets are being violated. As a result, between 25 and 47 percent of students skip breakfast, 17-30 percent eat twice a day, approximately 40 percent skip lunch or eat infrequently, and about 22 percent skip supper.

The body of students is defined by characteristics resulting from age, as well as the influence of study and life conditions. Anxiety before and during examinations causes elevated blood pressure, an accelerated heart rate, and difficulty breathing. For a

considerable portion of the day, students are sedentary. They do not engage in much physical activity. Only a small percentage of school adolescents participate in sports.

Because of the infringement of the eating regimen during their investigations, numerous understudies foster infections of the stomach related framework, called "illnesses of the youthful", just as hypertension, hypochondrias, and so forth

While picking items, one should consider the restricted money related spending plan of understudies. To furnish understudies' weight control plans with an adequate measure of organically important proteins, their modest sources (side-effects, skim milk, low-fat kefir, and so forth) ought to be utilized.

An abundance of desserts ought to be kept away from, as this can prompt corpulence and diabetes mellitus, the utilization of desserts, particularly those that adhere to the teeth, prompts tooth rot[23].

CONCLUSION

When preparing meal rations for persons who work in mental labour, the impact of occupational characteristics and the function of the body's physiological systems must be considered. Because students and workers who do mental work should strive to plan their meals sensibly, consume fast food, and drink hot tea or coffee in a hurry, all of this is harmful to the body and does not provide appropriate nourishment. There are canteens, a snack bar, and educational institution cooks who meticulously analyse and design a meal for this contingent of individuals in every university..

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