

## NUTRITIONAL VEGAN PRODUCTS IN UZBEKISTAN

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### ABSTRACT

Vegans avoid eating animal foods for environmental, ethical or health reasons. Although a plant-based diet may provide some health benefits, some people may be at increased risk of nutrient deficiencies. This is especially true when a vegetarian diet is not well planned. For vegetarians who want to be healthy, it is important to eat a nutrient-dense diet with whole and fortified foods. Below we will consider what nutritious vegetarian products are available in Uzbekistan.

**Keywords:** nutrients, vegetarians, melon, black grapes, Uzbekistan

### INTRODUCTION

For any type of healthy diet, human organism needs essential nutrients. While many of these are already abundant when human eat dairy and meat, it will need to find new ways to incorporate them into its diet as a vegetarian.

**Protein:** Animals are not the only source of protein. Soy products (such as tofu and edamame) are also packed with protein. Other good sources include seitan (made from gluten), chickpeas, lentils, and nutritional yeast.

**Vitamin B12:** Vitamin B12 deficiency can make you feel tired and weak. Getting enough vitamin B12 can be difficult for vegetarians because it cannot be found in plants. Stock up on fortified cereals, fortified rice and soy beverages or take extra meals to fill up. The recommended daily amount for most adults is about 2.4 milligrams, but check with your doctor to find out what's right for you.

**Essential Fatty Acids:** A deficiency in essential fatty acids has been linked to brain health problems such as cognitive impairment and depression. Stock up on whole grains and green leafy vegetables (such as kale, spinach, and collards) to get essential fatty acids. Try eating a handful of unsalted nuts like almonds, walnuts, or pistachios (just watch the portions; nuts are high in calories).

**Iron:** Red meat and egg yolks reign supreme as the richest sources of iron. But they also have a lot of cholesterol. Good plant sources of iron include black-eyed peas, tofu, and dried fruit (fresh fruit also contains iron, you get more iron from dried fruit because you eat more).

**Vitamin D:** 10 to 15 minutes of sunlight a day can boost your vitamin D levels, as can orange juice and soy (Team, 2021).

Today we will talk about antioxidant-rich black grapes and sweet melons, which are a source of glucose, grown in the conditions of Uzbekistan.

### **What does vegetarianism give us?**

In general, if we answer the question of what vegetarianism gives us, we found it permissible to emphasize the following:

Promote weight loss

Reduce your risk of heart disease by lowering your cholesterol

Reduce the risk of certain types of cancer, such as colon cancer

Manage diabetes by lowering A1C levels

### **Black grapes and its effect**

One of the most important properties of black grapes is its effect on the cardiovascular system, in particular - prevention of blood clots, maintaining the strength and flexibility of blood vessels. Regular consumption of black grapes keeps blood pressure and cholesterol levels normal. It is no secret that black grapes contain many different substances. Among the vitamins, C and K are the most abundant (strengthens the immune system), beta-carotene (good for vision), as well as several other types of vitamins, glucose, fructose and dozens of substances that are present in small amounts. It also contains many antioxidants, whose main function is to protect the plant from bacteria and fungi. In the human body, they prevent the occurrence of inflammatory processes, prevent chronic diseases. Monosaccharides help remove toxins from the body. Eating a small amount every day helps to replenish the body with macro and microelements, in particular, potassium, magnesium, calcium, zinc, iron, selenium are present in small amounts.

### **The benefits of black grapes**

Black grapes are useful in many diseases. Prevention is recommended to maintain efficiency. Its effect on the human body:

Improves memory and concentration.

Calms, relieves stress.

Prevents the development of Alzheimer's disease in the elderly.

Prevents cancer.

Reduces sugar in diabetes.

Regulates the work of the cardiovascular system, lowers blood pressure.

The benefits of black grapes are characteristic for vision: it improves the condition of the retina.

Improves the functioning of the endocrine system.

Dilutes phlegm, reduces cough.

Vitamins, minerals and other useful substances contained in melon have the property of preventing diseases such as cancer and stroke (optolov.ru, n.d.).

### **Vitamin-rich melons**

Melon is a fruit rich in vitamin C. 100 grams of melon contains 20-30 percent of the daily consumption rate of vitamin C. This vitamin ensures the normal condition of skin cells and the whole body, is important in the rapid healing of wounds, and also ensures the strength of bones and teeth. Vitamin A contained in melon is also a very necessary substance for the health of bones, teeth and skin, and it is also valuable as an incomparable ointment for the mucous

membrane of the body (eyelids, throat, nasal mucosa). This vitamin protects the mucous membranes of the eyelids from external influences. Improves eyesight. Vitamin A strengthens the immune system.

According to experts, some varieties of melon are rich in vitamins of group B, which actively participate in the production of sugar and carbohydrates in the body. This process, in turn, increases the strength of the body. 100 grams of melon contains only 35 kcal of calories and almost no fat. Also, the amount of water in the melon has the feature of fully satisfying the needs of the consumer's body. Therefore, melon can be included in the category of dietary products. In addition, the high amount of carotenoids contained in melon helps to prevent and stop the development of cancer. Anticoagulant adenosine contained in melon activates blood breakdown and prevents heart and blood vessel diseases, i.e. stroke. Potassium also improves the functioning of the heart and blood vessels and stops the occurrence of hypertension. Melon also has the property of treating kidney diseases. If a melon is eaten every morning (of course, the melon is ripe), there will be no problems with kidney function. Melon+lemon formula, i.e. melon with lemon juice or by itself, cures gout. Also, melon improves gastrointestinal function, prevents constipation, normalizes the process of alkalization in the stomach. Vitamins contained in melon provide skin tension and fight against its aging. In order to eliminate deep wrinkles on the face, not only eating melon, but also putting the cut pieces on the skin surface for a few minutes (15-20) gives a good result. In addition, vitamins and minerals contained in melon accelerate hair growth and prevent hair loss (qalampir.uz, 2017).

### CONCLUSION

Recommendation of melon and black grape varieties for vegetarians in the conditions of Uzbekistan is based on their ability to photosynthesize sufficiently in the sunny country and their nutritional value.

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