

## HEALTHY AND UNHEALTHY FOOD IN KYRGYZSTAN

### КЫРГЫЗСТАНДАГЫ ПАЙДАЛУУ ЖАНА ЗЫЯНДУУ ТАМАК-АШТАР

### ЗДОРОВАЯ И НЕЗДОРОВАЯ ПИЩА В КЫРГЫЗСТАНЕ

**Abstract:** *The paper analyses the advantages and disadvantages of healthy and unhealthy food. Proper healthy eating as a prevention of diseases is mainly described.*

**Аннотация:** *Макалада пайдалуу жана зыяндуу тамактардын өзгөчөлүктөрү берилген. Туура тамактануу көптөгөн оорулардан сактап, сергек жашоо тартуулайт.*

**Аннотация:** *В статье дается анализ положительной и отрицательной стороне здоровой и нездоровой пищи. Подробно описывается правильное питание как профилактика многих заболеваний.*

**Key words:** *nutrition, healthy food, junk food, healthy eating, carbohydrates, protein, vegetables.*

**Түйүндүү сөздөр:** *азык, пайдалуу тамак, жагымсыз тамак, туура тамактануу, углевод, белок, жашылча жемиси.*

**Ключевые слова:** *питание, здоровая и нездоровая пища, правильное питание, углевод, белок, овощи.*

Good health can be described as the condition where both our body as well as our mind are functioning properly. Good health is the greatest blessing of life. The main causes behind poor health conditions are diseases, improper diet, injury, mental stress, lack of hygiene, unhealthy lifestyle, etc. If you lead healthy life your body becomes free from various forms of disorders and you get a longer life. You can live a life without suffering from any aches, pain, or discomfort. In every sphere of your life, you will be able to perform to the best of your ability. Doing excellent work helps you to be a valuable member of a healthy society. As an employee, you should take good care of your health, both in the workplace as well as at home.

Healthy food is one that does not cause short-term or long-term health problems to the human beings. Healthy food includes whole grains, dairy products, eating plenty of vegetables, eggs, as well as lean meats.

Nutrition is a vital process for our body, if you want to live - you need to eat. As a result of this process, we get energy, building material for the body's renewal, biological active nutrients, a certain impact on the psyche.

Proper nutrition can give us health, longevity and beauty. It assumes that many nutrients - proteins, carbohydrates, fats, water, minerals and vitamins - should enter the body regularly, in the necessary quantity and optimal proportions. "Studies have shown, for example, that children who eat a nutritious breakfast do better in school than those with a poor diet. The well-fed child is able to pay attention longer, remember more, and participate more actively in class". [1, 36]

As it's known our health depends on different factors, and nutrition is one of them. Along time ago, people ate environmentally friendly product. They ate foods that do not contain chemicals, additives, artificial colors, and artificial flavors. People also had a lot of time to cook their own foods. Therefore those people were not been affected by the food that they ate, because all of the foods that they had were natural foods and healthy. That's why they did not have any problem on their health and they lived longer than now. But these days, everyone is busy and don't have time to cook their own food. People eat foods that are easily cooked or ready cooked. They do not even think of what they eat, and if it can affect their health or not. Foods are the building blocks of every cell in the body, are responsible for the proper functioning

of the whole body. It is important, to know what is good for our body and what is not. Foods can be classified into two types, **unhealthy** and **healthy** food.

The most dangerous for health is so-called “junk food” or food containing empty calories. It is food with low biological value and high content of solid fats, calories and sugar. This category includes carbonated soft drinks, sweets, fast-food, chips, chocolate bars and other snacks. For example, carbonated drinks, such as Cola and Pepsi contain no natural ingredients, and a lot of artificial chemicals – sweeteners, taste modifiers and nature-identical flavourings, which are not just unsalutary. They are addictive like drugs – the more you drink, the more you want. Lemonades don’t allay thirst, and their “refreshing effect” is just an advertising trick, no more [6].

There are some advantages and disadvantages of eating junk foods. The advantages of eating junk foods are that they save time. For example, it doesn't take hours to prepare. They can also be cooked easily.

The other advantage of unhealthy food is that it is tasty and delicious to eat. Junk food also doesn't cost a lot of money to buy it. For example, in some restaurant, people can buy French fries, sandwiches, and drinks at a cheaper price.

Another advantage of junk food or fast food is that they are very good in taste and that is the reason why they are addictive and also they're available in so many varieties so in case of pizza you have the option to eat different types of pizza like cheese pizza, thin crust pizza, tomato pie pizza and so on.

Another problem with junk food is since they contain a high amount of calories and fat, and therefore regular consumption of junk food can lead to weight gain or obesity which in itself will create a big problem in the future for an individual.

The biggest problem with junk food is that they are very unhealthy and continuous consumption of junk foods leads to many problems like diabetes, blood pressure, gastrointestinal problems and other diseases and that is the reason why one sees nowadays kids at very young age suffer from diseases that causes various health problems from obesity and ending with metabolic disease and accelerated physiological ageing.

As one can see from the above that junk food has advantages as well as disadvantages but its disadvantages are more serious than its advantages and that is the reason why these foods should be avoided and should be eaten occasionally and not regularly by an individual.

A healthy diet is one of the key to a healthy wellbeing. What does healthy eating actually mean? It doesn't aim to reduce a significant amount of weight in a short space of the time. Instead, it aims to make you feel great, energized and healthier. “Healthy eating is consuming the right quantities of foods from all food groups in order to ensure an individual's body is appropriately nourished and capable of functioning appropriately, dependent on lifestyle and activity levels. The current government guidelines for healthy eating include eating five portions of fruit and of fruit and vegetables per day, reducing levels of salt and sugar, and ensuring alcohol consumption is limited” [3].

“Healthy eating provides possibilities to an enhanced life quality by contributing to one's feeling of wellbeing. Especially in older ages, the state of one's health has the power to determine how the person's day is organized, what activities can be set in the schedule and where one's time is spent. To have a sound after-retirement life, it is essential for the elderly to be able to take care of the health by making informed food choices” [4].

The famous proverb “Health is Wealth” reminds us about the importance of good health. A healthy eating habit is one of the vital parts in achieving good health. We should always try to take a balanced diet that contains the correct proportion of carbohydrates, fats, proteins, vitamins and water. We should include more vegetables and fruits in our daily life as vegetables can provide nutrients vital for health. However, being busy all day long, we should never skip breakfast and should ideally have a light dinner.

Why is eating healthy so important? Why does it do anything for us? It does so much for your body. It can prevent and control health problems. It has shown to help and prevent heart

disease, high blood pressure, type 2 diabetes and even some cancers. It is not the same as going on a diet. Diets are temporary and make you eat less food rather than the right food. Dieting can cause your body to not get the nutrients it needs while eating healthy boosts and balances the amount of nutrients in your body. But how do you start your healthy diet? You have to aim for balance in the different food groups. Make sure you look for a variety, it helps you get the nutrition you need. Overall, you need to pay attention to what you eat. You need to stay balanced to make sure you have enough vitamin and minerals. It also improves your mood, helps you handle stress and gives you more energy [2]. How to make a healthy choice?

First of all cut down sugar and salt: cakes, ice-cream, chips, pizza and etc. Try to eat less dry food as grilled meat with spices that are really unhealthy. It is useful for us to drink much water, especially cold water.

It will be great if one eats a lot of vegetables. They contain plant compounds which help to protect from cancer and other diseases. There are many ways to cook vegetables: you can grade them and make salads. We shouldn't skip the breakfast. This meal is the most important for the organism. You have to get and eat vitamins from food which helps you to be active all day long [5].

To sustain a healthy body we all need a balance of protein, fat, carbohydrates, fiber, vitamins, and minerals in our diets to sustain a healthy body.

Carbohydrates are one of the body's main sources of energy. Foods high in carbohydrates include breads, fruits and vegetables, as well as milk products.

Protein gives us the energy to get up and go—and keep going—while also supporting mood and cognitive function. Too much protein can be harmful to people with kidney disease, but the latest research suggests that many of us need more high-quality protein, especially as we age.

In fact, healthy fats—such as omega-3s—are vital to your physical and emotional health. Healthy fat in the diet improves one mood, boost your well-being, and even trim your waistline.

Our body uses calcium to build healthy bones and teeth, keep them strong, send messages through the nervous system, and regulate the heart's rhythm. Not getting enough calcium in the diet can also contribute to anxiety, depression, and sleep difficulties.

Minerals are essential nutrients that the body needs to survive and carry out daily functions and processes. We receive them by eating plants and by eating meat from animals, which graze on plants.

Vitamins help boost your immunity, strengthen your bones, heal wounds, bolster your eyesight and assist you in obtaining energy from food -- among multiple other functions.

Another way of leading healthy life is confidence in the food insurance, that is to be aware of how the food is prepared and kept. Because the food which is prepared in bad hygiene has microbes which can get in our organism and it may cause majority of diseases. In recent time there are opened a lot of food institutions: cafes, restaurants, canteens, fast food buffets and others. Most of them, as we see, don't observe hygiene. Concerning this issue there was worked out a new project. It is already has developed in the foreign countries. And our government also admitted this project. The sanitary inspection verifies all the public food institutions. It has started to work in the 1<sup>st</sup> of April this year in Bishkek city and Issyk-Kol region. It has been planned that by the next year this project will be spread in all regions of our country. If the institution will successfully pass a commission, they get a green sticker, it is a smiley, they have to fix it on the wall of their entrance to prove that their food is verified. If there will be a yellow sticker, this food institution have to improve some shortcomings. And if you will see a red sticker, it means that this institution doesn't meet the requirements and it has to work hardly to get green sticker, or they can come out of the competition market and lose their business.

Finally, food is our life. It's very important to choose the right food nowadays. Healthy and balanced diet is useful for every person. We depend on food on food as well as the cars depend on gas, for example. It's our natural fuel, which gives our body physical strength and health. When the body is healthy, the mind will also be healthy. One of the healthiest types of

food is fruit and vegetables. Such organic products can be only useful if they don't contain any chemicals and additives. More and more people tend to grow fruit and vegetables in their own gardens, instead of buying them. Another problem is unhealthy food or junk food. Kinds of fast food, sugary drinks affect our health and have bad consequences. If we want to be healthy and strong we must make a healthy choice. Health is a base of our life and we must take care of it.

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