

THE ATHLETES AFFECT FOREIGNERS IN FAST FOOD CONSUMPTION AND ANTHROPOMETRIC INDICATORS

Hazratova Hulkar Normurodov

Karshi State University

PhD in Biological Science

hazratovahulkar2@gmail.com

Haydarov Zayniddin Turakhan o'g'li

Karshi State University,

Student of Biology Education

Zayniddinhaydarov111@gmail.com

Annotation

This Scientific Work Student Student Student Student Students in Scienship Work. CEALS WERE ANALYZED. Disposal of Physiological Consequentces, and Their Physiological Effects Havena Beneged.

Keywords. Fast Food, Alcoholic Beverages, Hyperactivity Syndrome, Cholesterol, Nafdd, Pathogenesis, Stress

Аннотация

С помощью студент Исследования среди студентов в научной работе. Были проанализированы часы. Утилизация их физиологических последствий и их физиологические эффекты были изучены.

Ключевые слова. Фаст-фуд, алкогольные напитки, синдром гиперактивности, холестерин, патогенез, стресс

In the years, the world's fast food consumption is increasing sharply. Lack of time in the spread of fast-food products for the research, the relatively low rate of prices is caused by relatively low prices [1]. Excessive weight, obesity, and cardiovascular disease will increase due to high caloric, slower and sugar. [3] Although the athletes are high in physical activity, the athletes may also be observed that the fast-food consumption can be observed to anthropometric figures.

In Uzbekistan and other Central Asian countries, the demand for fast food products among students is growing from year to year. At the same time, one is one of the necessary issues of reducing fast-food consumption among athletes students, the development of

recommendations in balanced food. Recycled foods are often rich in unhealthful oils, which are hydrogenated and converted into trans fats. Fast-Food is famous for its high-calorie composition, but it is often not supplied with nutrients that are important to general health, mental well-being and anthropometric indicators [2].

As a result of 15-year monitoring in the famous Cardia research organized by Pereira and its partners, people who have often consumed Fast-food have been identified significantly in terms of body weight and insulin resistance. In other words, it is noted that the frequent use of frequent use of fast-food products leads to obesity. In times of uncertainty of health and partners, as fastened as fast food consumption, the young people have detected that the BMI and body fat percentages [5,6].

Lohman's research shows that the frequent consumption of fast food products can also lead to an increase in body fat, muscle mass and the amount of fat. Intakes of Burke and Deakin are rich in the clinical diet, complex carbohydrates, useful fats and trace eligible health, complex carbohydrates, useful fats and micronutrients are crucial in ensuring the growth and general health of the athletes. Fast-food products do not have such a balance, which are considered a key calorie source. Therefore, the athletes increased by athletes in the retirement of students can be negatively affirmed to the results of sports, and the level of physical fitness [5,6]. The results of the study showed significant differences between the Fast-Food consumer and anthropometric indicators, students of the Faculty of Sports Faculty. In general, the figures around BMI and the waist are lower than in other groups as a result of high physical activity and a better meeting of food cultures in the history of sports. These results are the habits of note patients among students and that the combination of less physical activity can increase the risk of overweight and central obesity confirms. Athletes may not feel the negative influences in a short time due to regular physical classes. However, consuming fast food products for a long time also affects their anthropometric predictors, causing muscle dysfunction and the elevation of muscle dysfunction and the fat. This can lead to a decrease in sports results, to slow the recovery processes.

REFERENCES

1. WORLD HEALTH ORGANIZATION. Global Strategy On Diet, Physical Activity and Health. Geneva: Who, 2004. 20 p.
2. Hazratova H.N., Rakhmatullaev Y. Physical Development of Primary Class Students in RURAL Convion // International Journal of International Journal of Genetic Engineering. USA, 2024, 12 (6): P. 111-115. Doi: 10.5923 / J.ijge. 20241206.08.
3. Pereira M.A., Cartiashov A.I., Ebbeling C.B., et al. Fast-Food Habits, Weight Gain, and Insulin Resistance (The Cardia Study) // The Lancet. - 2005. - Vol. 365, № 9453. - P. 36-42.

4. Angan L., Qiega-Riz A.M., Popkin B.M. The Increasing Prevalence of Snacking AMONG US Children and Adolescents // Journal of Pediatrics. - 2001. - Vol. 138, № 4. - P. 493-498.

5. Burke L., Deakin V. Clinical Sports Nutrition. 5th ed. Sydney: McGraw-Hill Education, 2015. 832 p.

6. Kurbanov Sh.Q. and b. Healthy food physiology. Monograph. Against, 2018. 436 p.

