

## NUTRITIONAL VALUE OF SWEET DISHES IN THE HUMAN DIET

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### ANNOTATION

Sweet dishes are a source of easily digestible carbohydrates - sugars. The article discusses the nutritional value of sweet dishes and their importance on the human body, as well as the chemical composition of fruits, fruits, berries.

**Keywords:** carbohydrate, vitamin, fats, minerals, dietary fiber

### INTRODUCTION

Sweet dishes are an integral part of Uzbek national cuisine and are of great importance in human nutrition. Sweet dishes have an attractive appearance, good taste, aroma and are easily absorbed by the body.

Academician I.P. Pavlov defined the positive role of sweet dishes in human nutrition as follows: "Food started with pleasure, due to the need for food, should end with it, despite the satisfaction of the need, and the object of this pleasure is a substance that almost does not require digestive work... - sugar." We are not talking about sugar as a food product, but about various sugars – carbohydrates that have a sweet taste. Sweet dishes usually end a meal (the end of lunch or dinner). Sometimes they are included in the breakfast menu.

### OBJECT AND METHODS OF RESEARCH

The nutritional value of sweet dishes is determined mainly by the content of sugars (glucose, fructose, maltose, sucrose). However, at the expense of sugar, approximately 1/3 of the daily need for carbohydrates should be compensated, since their excess leads to fat deposition, an increase in cholesterol levels in the blood and other negative phenomena. This applies mainly to sucrose, and fructose and maltose do not affect the cholesterol content in the blood and are less used by the body for fat formation. Therefore, sweet dishes, which include milk, fresh and canned fruits and berries, fruit and berry juices, are of particular value. Many sweet dishes are an essential source of vitamins, mineral salts, organic acids, vegetable fibers (dishes made from fresh fruits and berries).

The ratio of sugars contained in different fruits varies. So, in grapes, the content of glucose and fructose is approximately equal, whereas in apples and pears, fructose is more than glucose. This is very important to keep in mind for those who have impaired pancreatic function associated with the secretion of the hormone insulin (patients with diabetes mellitus, obesity). The fact is that fructose, which is almost twice as sweet as glucose, does not require, unlike glucose, the participation of insulin for its transformations in the body. That is why, when the secretion of this hormone is impaired, it is preferable to use foods that are richer in fructose than glucose, in particular apples, pears and black currants.

The acids contained in fruits stimulate the secretion of digestive juices, thereby improving appetite and promoting the digestion of other foods and dishes (in particular, meat and fish).

Acids enhance the motor activity of the intestine, inhibit the development of microbes that are not characteristic of the human digestive system.

Carbohydrates contained in fruits also include an extensive specific group of compounds that are part of the cell membranes of fruits.

Now they are called vegetable (or food) fibers, and earlier – "ballast substances". These include cellulose (or fiber) – this term often refers to the entire specified group of substances), pectin substances, hemicellulose, etc.

### **THE RESULTS OF THE STUDY AND ITS DISCUSSION**

Plant fibers, despite the fact that they are not digested in the gastrointestinal tract of a person, and therefore cannot serve as a source of building or energy material for him, have an important role in maintaining the vital activity of the human body. They increase the motor activity of the intestine and contribute to the normal separation of bile from the gallbladder into the intestinal lumen.

Due to the high ability to bind (sorption) on its surface cholesterol, under-cleaved metabolic products, as well as harmful and toxic compounds that can come from food, fibers accelerate the excretion of these substances from the body. This explains the ability of fruits to have a hypocholesterolemic effect, i.e. to reduce cholesterol levels in the blood, and thereby contribute to the prevention of atherosclerosis and other cardiovascular diseases.

The same property of plant fibers, and especially pectin substances, underlies their antitoxic effect, i.e. the ability to reduce the effect of poisons on the body, removing them from the body along with undigested food residues. Vegetable fibers are found in all fruits, but strawberries, raspberries and black currants are especially rich in them. The most important source of pectin substances among fruits are apples, plums and black currants.

The next biologically important component of fruits are mineral salts (sodium, potassium, calcium, phosphorus, etc.) and trace elements (iron, zinc, copper, etc.). Without exception, all fruits contain a lot of potassium and little sodium, whereas the opposite ratio is characteristic for meat and meat products, fish, bread. The significance of this fact is difficult to overestimate: sodium salts contribute to water retention in the body, and potassium salts, on the contrary, to the excretion of fluid from the body. Fruits also serve as a source of magnesium, iron, zinc and other salts involved in the construction of many enzymes and the regulation of various metabolic processes in the body.

It deserves special attention that fruits are carriers of alkaline equivalents (unlike meat and fish, which supply acidic valences to the body). Therefore, a diet in which there are fruits contributes to the normalization of acid-base balance in the body – one of the most important conditions for maintaining health.

Fruits provide the human body with ascorbic acid and provitamin A (b-carotene).

### **CONCLUSION**

So, fruits are a valuable source of ascorbic acid, b-carotene, vegetable fibers, potassium, iron and other salts. They have a beneficial effect on the digestive system, stimulating the secretion of digestive juices, promoting the digestion of proteins and fats, normalizing the motor activity of the intestine and the composition of microbes living in it; they have a beneficial effect on

water-salt metabolism, quenching thirst, but at the same time preventing the retention of excess fluid in the body, normalize acid-base balance.

Some sweet dishes are high in calories, contain proteins and fats (whipped cream and sour cream, souffles, puddings, etc.).

#### LITERATURE

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