

QUATERLY NEWSLETTER OF
THE TMA BERNICA PROJECT



TMA BERNICA PROJECT

Erasmus Plus Project



TOP NEWS

HEALTHY EATING IS STATE POLICY IN THE REPUBLIC OF UZBEKISTAN

By Rano Dadaboevan



READ MORE

Currently, healthy nutrition is an urgent problem, and this factor is one of the main components of the main strategy of the World Health Organization. According to this authoritative organization, 60% of the causes of human death are directly related to nutritional problems.

READ MORE



For a healthy life, as experts say, it is enough to follow the rules of proper nutrition. What does a proper diet look like? In order to get answers to these questions, Gulchekhra Mirzaeva, a reporter of Tashkent Medical academy, had an interview with professor Nizom Ermatov

RIGHT NUTRITION IS THE BEST CHOICE FOR A HEALTHY LIFE

Interview

HEALTHY EATING IS STATE POLICY IN THE REPUBLIC OF UZBEKISTAN

By Rano Dadabaeva

>>> INTRO

Currently, healthy nutrition is an urgent problem, and this factor is one of the main components of the main strategy of the World Health Organization. According to this authoritative organization, 60% of the causes of human death are directly related to nutritional problems. In addition, 80% of harmful environmental factors affect the human body through food and water. Uzbekistan is very famous all over the world, in many countries of the world, as a symbol of Eastern hospitality. Because Uzbek national dishes and cooking are distinguished by their uniqueness, variety of food traditions and have historical roots.

According to this authoritative organization, 60% of the causes of human death are directly related to nutritional problems. In addition, 80% of harmful environmental factors affect the human body through food and water.

>>> SOIL NUTRIENTS

Lorem ipsum dolor sit amet, consectetur adipiscing elit. In neque nunc, molestie eu semper id, auctor quis metus. Maecenas mattis metus sapien, vitae ultricies nunc ornare vitae. Praesent mollis nisl magna, ac dictum massa scelerisque at. Sed laoreet ligula vitae justo luctus, vel iaculis leo scelerisque. Donec ullamcorper, lorem vitae posuere consectetur, leo ex vulputate ipsum, nec faucibus arcu velit at odio. Duis ut pellentesque lectus.



HEALTHY EATING IS STATE POLICY IN THE REPUBLIC OF UZBEKISTAN

By Rano Dadabaeva

»»» CONTINUE

The great scientist Avicenna emphasized the great importance of healthy lifestyle and nutrition principles in maintaining human health: "Whoever wants to maintain and strengthen his health should pay attention to the diet, the quality and quantity of food, the time of consumption and the process of digestion".



Because it is precisely nutrients that become structural and energy substrates during the digestion process, provide physical and mental work capacity, determine the length and quality of life (G. Shaikhova, 2021). In recent decades, significant changes in the lifestyle of the population have created various problems in the specification of diseases, and the number of diseases related to nutrition has increased. At the same time, the concept of our state policy was directed to the issues of healthy lifestyle and proper/healthy nutrition.

HEALTHY EATING IS STATE POLICY IN THE REPUBLIC OF UZBEKISTAN

By Rano Dadabaeva

»»» CONTINUE

A number of positive results were achieved as a result of the work carried out within the framework of the strategy used by our state. For example, before showing our achievements in the ranking of "The Global Food Security Index", let's give a brief information about it. The Global Food Security Index examines food affordability, availability, quality and safety, sustainability and adaptation in 113 countries. The index is a dynamic quantitative and qualitative benchmarking model of 68 unique indicators that measure food security factors in developing and developed countries.

In 2022, Uzbekistan ranked 73rd in the Global Food Security Index, with an index of 57.5. However, in 2017 Uzbekistan was in 88th place with 54.7 points. Uzbekistan took the first place among the 10 countries with the highest growth in terms of food security in 2019-2022. This shows the results of our country's efforts towards healthy nutrition of the population.



RIGHT NUTRITION IS THE BEST CHOICE FOR A HEALTHY LIFE

By Gulchekhra Mirzaeva

»»» INTRO

In 2019, experts compiled a ranking of countries by the rate of death due to cardiovascular diseases caused by poor nutrition. This was reported by the British Daily Mail. This ranking shows that the country with the highest death rate due to malnutrition is Uzbekistan. In our country, 394 people out of 100,000 people died due to bad eating habits.

For a healthy life, as experts say, it is enough to follow the rules of proper nutrition. What does a proper diet look like? In order to get answers to these questions, Gulchekhra Mirzaeva, a reporter of Tashkent Medical academy, had an interview with professor Nizom Ermatov, head of the Department of Children, Adolescents and Nutritional Hygiene of the Tashkent Medical Academy and an active participant of the "BERNICA" project and Associate Professor Dilafruz Abdullaeva.



Reporter:

Dr. Ermatov, when talking about proper nutrition, some people object to it, saying, "I am not sick. Tell me, who is recommended to eat right?"

Dr. Ermatov:

Experts often repeat that it is very important to eat healthy food at the right time and in the right way. Adherence to the correct diet should not be treated as a disease, but should be part of our daily routine. In this case, it is appropriate to choose milk and dairy products, vegetables and fruits, cereals, rice, cereal products, and pasta products made from durum wheat for the menu. In addition, we should pay more attention to greens and vegetable oils in our daily diet. Animal fats should be reduced as much as possible, low-calorie cream, cottage cheese, and butter should be consumed.

EXPERT ADVICE



This ranking shows that the country with the highest death rate due to malnutrition is Uzbekistan. In our country, 394 people out of 100,000 people died due to bad eating habits.

RIGHT NUTRITION IS THE BEST CHOICE FOR A HEALTHY LIFE

By Gulchekhra Mirzaeva

CONTINUE

Margarine, spreads, and trans fats should be used as little as possible. According to the World Health Organization, adults should consume no more than 1 gr of trans fats per day. Such trans fats are present in confectionery products, margarine in pastries, and fast food products, and we must understand that they should be reduced. Vegetable oils contain omega-3 polyunsaturated fatty acids and help prevent diseases of the cardiovascular system, clean blood vessels, prevent atherosclerosis, allergic diseases. Vegetables rich in starch, such as potatoes, should be eaten as little as possible. When glutamate salt is added to fast-food products, it is more harmful to the body than table salt, it encourages a person to eat this product again, currently there is enough information about its harmful effects. The daily norm of table salt is 5 gr, consuming more than this will create the basis for the development of diseases of the cardiovascular system and liver in the future.



**PROF. NIZOM
ERMATOV**



Reporter:

Dr. Abdullaeva, the consumption of many products, especially sweets and pastries, is prohibited. But most women love sweets very much. At such a time, women can not eat their favorite food and suffer?

Dr. Abdullaeva:

An adult should eat up to 400 gr of vegetables and fruits per day. It is also recommended to eat kefir, yogurt, dairy products. It should be said that protein is very important for the human body, and it is better for children and the elderly to have cottage cheese in their daily diet. It is easily digestible and can be used at different ages. Also, eating chicken eggs every morning will also satisfy the need for protein. Quail eggs are a little high in cholesterol, overweight people should consume them with caution. Exceeding the norm of cholesterol in the body leads to atherosclerosis and cardiovascular diseases in the future.



RIGHT NUTRITION IS THE BEST CHOICE FOR A HEALTHY LIFE

By Gulchekhra Mirzaeva

CONTINUE



**PROF. NIZOM
ERMATOV**

Reporter:

Dr. Ermatov, Most people think of a healthy diet as eating a lot of high-calorie, tasty food.. In fact, what should be a proper and nutritious diet?

Dr. Ermatov:

The age should also be taken into account when eating. Adults are recommended to eat 3-5 times a day. The main meal is understood as breakfast, lunch in the afternoon, light meal in the evening. But it is advisable to have a 2nd breakfast and a cup of tea between these three meals. It is very useful to eat porridge, sandwich, omelet, cottage cheese for breakfast. Coffee and tea should be drunk not immediately with food, but after some time and according to taste. Fruits or yogurt can be eaten as a 2nd breakfast before lunch. At lunch, the first and second dishes are eaten. It is necessary to eat liquid food for the first meal, and fish, poultry, and beef for the second meal.

In the summer, the time until dinner is a little longer, and we recommend eating a banana or some fruit at this time. And for dinner, it would be better if the main attention was paid to salads. Of course, it is recommended to move without lying down immediately after eating. Because lying like this after eating causes problems in the gastrointestinal system. At this time, it will be useful to take a walk or do some housework. It improves digestion if a person is standing for at least half an hour after eating dinner. It should also be said that kefir and yogurt products should be consumed during the day, not after dinner. Then we will distribute the energy consumption in the body correctly.



Reporter:

Dr. Abdullaeva, proper distribution of food or products in proportion to each other is also important in proper nutrition. Which products are good to eat together?

Dr. Abdullaeva:

Eating animal products (meat, eggs) with vegetables helps to purify the blood and also prevents atherosclerosis. It is also not correct to eat dinner after 19:00 in the evening. The later the evening meal is eaten, it leads to delayed sleep, insomnia, hormonal changes and indigestion. If the meal time is organized correctly, the sleep will also be normal and the biorhythm will adjust accordingly. Also, don't forget to drink water daily. Everyone should drink 8 glasses of water or mineral water during the day. Water intake can be easily calculated based on body weight. It should be noted that instead of fatty foods, boiled or steamed dishes, natural juices and plain water instead of carbonated sweet drinks, and vegetable salads instead of spicy pickles, contribute not only to proper nutrition, but also to being healthy. It is recommended to drink green tea one hour after eating.

RIGHT NUTRITION IS THE BEST CHOICE FOR A HEALTHY LIFE

By Gulchekhra Mirzaeva

CONTINUE



Reporter:

Dr. Ermatov, It's easy to say you should eat right, but it's hard to stick to it. How to adapt to this?

Dr. Ermatov:

It should be said that it is not at all right to listen to different groups or the opinions of non-experts to lose weight. Everyone can make proper nutrition by consulting with experts. All it takes is a little diligence and attention. In each region and in each towns of our republic, pediatricians and specialized doctors are working in family polyclinics and they also give the right recommendations. Also, cultural entertainment should not be forgotten. Because cultural recreation protects a person from stress and helps to be healthy. Overweight people should try not to think "I need to lose weight faster", they should to lose weight in a healthy way. By preventing stress, many diseases can be prevented and obesity can be stopped.



Reporter:

Dr. Ermatov, Dr. Abdullaeva, Thank you for the interesting conversation! Until next time!



ABOUT THE SCIENTIFIC-PRACTICAL CONFERENCE ORGANIZED AT THE TASHKENT MEDICAL ACADEMY IN COOPERATION WITH THE BERNICA PROJECT

By Rano Dadabaeva

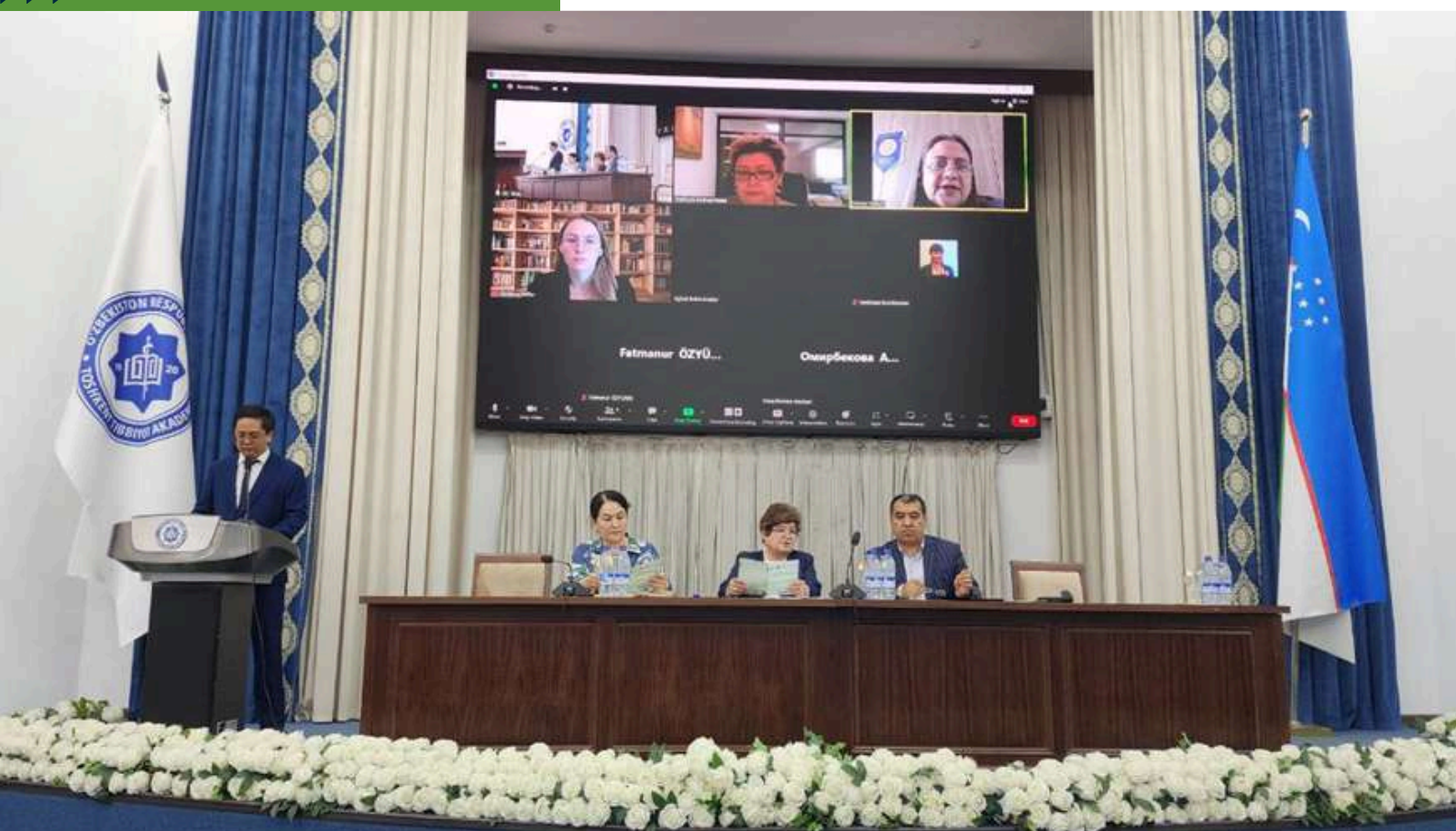
Scientific direction of the conference:

Features of nutrition in Uzbekistan, problems and their solutions, nutrition of various groups of the population.

»»» CONFERENCE

On May 31, 2024 the conference was held on the topic "Healthy nutrition is the guarantee of a healthy lifestyle".

Organizers: BERNICA project of the European Union "Erasmus+" educational grant, Nutrition Association of Uzbekistan and the Department of Hygiene of Children, Adolescents and Nutrition of the Tashkent Medical Academy. In the international scientific and practical conference participated a total of 220 people, including 20 speakers.



ABOUT THE SCIENTIFIC-PRACTICAL CONFERENCE ORGANIZED AT THE TASHKENT MEDICAL ACADEMY IN COOPERATION WITH THE BERNICA PROJECT

By Rano Dadabaeva

CONFERENCE OBJECTIVES: EXCHANGE OF KNOWLEDGE AND ACHIEVEMENTS IN THE FIELD OF SCIENTIFIC, CLINICAL AND PRACTICAL NUTRITION AND DIETOLOGY.

THE CONFERENCE WAS HELD IN UZBEK, RUSSIAN AND ENGLISH LANGUAGES IN A HYBRID FORMAT (OFFLINE + ONLINE). FOR ONLINE PARTICIPANTS AND PRESENTERS WERE SEND ZOOM LINK: MEETING ID: 893 7582 3844. PASSCODE: 170466.

➤➤➤ CONTINUE

The international scientific-practical conference was opened by Professor Sh. Boymuradov, acting rector of the Tashkent Medical Academy Vice Rector for Academic Affairs. Then F. Azizova - Vice-rector for Research and Innovation of the Tashkent Medical Academy, MD, Professor, G. Shaikhova - Director of the Association of Nutritionists of the Republic of Uzbekistan, Dr. I. Kalkan, Dr. Ersoy Gulgun - professors Nutrition and Dietetics Department, Istanbul Medipol University Istanbul, Turkey, Dr. Manuela Konrad, FH JOANNEUM University of Applied Sciences Graz, Austria, Höfler, C., Staubmann, W., Pail E., Institut Diätologie, Austria, Maygul Kaynarbaeva - Kazakh National Medical University named after. S. D. Asfandiyarova, Gulnara Karimzada - Azerbaijan Medical University, Doctor of Medical Sciences, Associate Professor - leading specialists in nutrition science congratulated the organizers and participants.



ABOUT THE SCIENTIFIC-PRACTICAL CONFERENCE ORGANIZED AT THE TASHKENT MEDICAL ACADEMY IN COOPERATION WITH THE BERNICA PROJECT

By Rano Dadabaeva

CONTINUE

At the plenary session, G. Shaikhova, Director of the Association of Nutritionists of the Republic of Uzbekistan, Professor of the Department of Hygiene of Children, Adolescents and Nutrition of the Tashkent Medical Academy, gave a lecture on "Complex of biologically active substances and multivitamins". She spoke about the principles of proper nutrition, their medical and biological basis, the effect of macro- and micronutrients on the human body. Children, adolescents, pregnant and lactating women, middle-aged and elderly people were explained the specific aspects of nutrition.

Höfler, C., Staubmann, W., Pail E. Institute Diätologie, Austria, in the lecture on the topic "New approaches in nutritional therapy concerning inappetence - an assessment of the potential of selected preparation methods of molecular cuisine by dieticians", described the types of modern diets recommended for the decrease in appetite of the population due to various reasons, their importance for human health, recommendations for cooking.

The next lectures are leading specialists of Kazakh National Medical University named after S.D. Asfandiyarov: M. Kaynarbaeva (The problem of overweight and obesity), A. Beisbekova (Systematic review: Food quality of people dependent on charitable food systems), M. Shukenova (Food waste in schools around the world: a systematic review) and others presented the problems of overweight, obesity, the impact of the quality of food products on the human body, the problems of food products in schools were widely covered and they were shown as an example of world experience.



ABOUT THE SCIENTIFIC-PRACTICAL CONFERENCE ORGANIZED AT THE TASHKENT MEDICAL ACADEMY IN COOPERATION WITH THE BERNICA PROJECT

By Rano Dadabaeva

CONTINUE

In the sectional part of the conference on various topics of proper nutrition, dietetics and nutritionology, scientific and scientific-practical presentations are presented by representatives of the team of the BERNICA TMA project R. Dadabaeva, N. Ermatov on the topic "The role of foreign experience in the teaching of nutrition science: problems and solutions", R. Dadabaeva "Assessment of obesity of women of fertile age", O. Eshmamatov "Assessment of nutrition in chronic obstructive pulmonary disease" and 12 more specialists in the field of hygiene and nutrition.



In the final part of the international scientific-practical conference on the topic "Healthy nutrition - a guarantee of a healthy lifestyle" were discussed questions and answers, information and results of lectures. Conference participants and speakers were awarded a certificate of the Tashkent Medical Academy.

THE EMERGING “PLANETARY HEALTH DIET,” EXPLAINED ACCORDING TO HARVARD EXPERTS, EATING WELL BODES WELL FOR THE ENVIRONMENT

By Rano Dadabaeva



We present to you Lauren Vinopal's post "The New 'Planetary Health Diet' Explained" (September 19, 2024). She is the author, creator, and manager of InsideHook. She loves writing about mental health, nutrition, and healthy living. Her work has been featured in MTV News, Vice, GQ, Fatherly, MEL Magazine, and many more.



Eating healthy is always a good idea in theory, but in my day-to-day life I tend to struggle with implementing a consistent meal plan. My twenties were full of crash diets I could never stick to; as I get older, the challenge is maintaining the motivation to eat healthy when I don't have a concrete goal to track.

Personally, I need new motivations to eat vegetables. One that's stuck with me? Living a long life on a planet that is not a total trash fire. That's why the [Planetary Health Diet](#) (PHD) jumped out at me. It teaches people to eat in a way that supports both their own health and the well-being of the world around them. Plus, the acronym makes me feel a little bit smarter — I'm on the PHD diet — which is a fun bonus.

According to [Walter Willett](#), a professor of epidemiology and nutrition at the Harvard T.H. Chan School of Public Health, the point of the PHD was to design a way of eating that could adequately feed the world's growing population, which is expected to reach nearly 10 billion people by 2050. "We started this process by identifying a healthy diet and evaluating whether this could be sustainable," Willett told me.

THE EMERGING “PLANETARY HEALTH DIET,” EXPLAINED ACCORDING TO HARVARD EXPERTS, EATING WELL BODES WELL FOR THE ENVIRONMENT

By Rano Dadabaeva

➤➤➤ To do this, Willett and his team consulted a 2019 report from the [EAT-Lancet Commission](#), in which a team of 37 scientists from 16 countries developed the “first ever scientific targets for a healthy diet and sustainable food production within planetary boundaries.” Experts [organized a diet](#) consisting of half fruits, vegetables and nuts, followed by whole grains, plant-sourced protein (like legumes) and small slices of foods like dairy and animal protein. Based on their calculations, the diet could contribute to a huge reduction in greenhouse gas emissions and prevent [11 million premature deaths](#) annually.

Willett and his colleagues tested this meal plan in a new [study](#), which uses health data from over 200,000 men and women enrolled in the [Nurses’ Health Study](#) I and II and the [Health Professionals Follow-Up Study](#). These datasets allowed researchers to score participants’ diets based on how much they ate whole grains, vegetables, poultry, nuts and other food groups included in the PHD.

Results revealed that risk of premature death was 30% lower among the top 10% of participants who ate closest to the Planetary Health Diet. On top of that, every major cause of death, including cancer and heart disease, was lower when people stuck to the meal plan. They also found that adherence to the PHD significantly reduced greenhouse gas emissions and cropland use (contributing to more greenhouse gas emissions) by 29 and 51%, respectively.

Attempting the planetary health diet myself for three weeks was easier than following a more restrictive diet, like Whole30; it was more on par with the Mediterranean Diet. It seemed doable from the outset, given that the menu includes many foods I enjoy eating, and I could consume things like cheese and natural sugar from fruit without bending any rules.

“The diet allows great flexibility and can be delicious with great variety,” Willett points out.

Despite the PHD feeling like a common sense way to reconsider our diets, there is cultural and governmental resistance to including the environment as a factor in food recommendations. Despite how closely linked personal and planetary health are, the U.S. Department of Agriculture has “refused to even consider the environmental implications of their dietary recommendations,” according to Willett. In fact, [in 2015](#), the USDA publicly refused to incorporate sustainability suggestions into its federal dietary guidelines.

This resistance is disappointing for someone like me, who would benefit from seeing the environmental impact of my food choices laid out clearly for me. It might be the thing that helps me choose between a cheeseburger and a grain bowl, two options I thoroughly enjoy.

Willett suspects that people could make conscious diet choices consistently if they knew more about the carbon footprint of their carbonara. “People vary widely in what is most important to them, but for some, personal health is most important, and for others, this could be environment,” Willett says. “Fortunately, either of these would be supported by the PHD.”

The biggest difference between the PHD and other diets I’ve tried is that I cannot even jokingly say that I tried it “so you don’t have to.” The whole point of the diet is that millions of people have to adopt its suggestions for it to have a positive impact on the planet. But considering the many personal health benefits it stands to offer, maybe the better pitch for the PHD is not that it could save the planet, but that it could save you.