

## ANALYSIS OF THE NUTRITIONAL VALUE OF FRACTIONATED AND THERMALLY PROCESSED WHEAT BRAN

Shaikhova G. I.

Ibrahimova D. X.

Tashkent Medical Academy

The role of nutrition in ensuring the health of modern people is becoming more relevant at the level of national and international programs. The nutritional factor is important in the correction of obesity and excess body weight. According to WHO experts, this problem is becoming an epidemic and affects 20% to 50% of the population in different countries (WHO, 2009). In Uzbekistan, overweight is recorded on average in 25-30% of the working population, and obesity in 15-25% [10]

Nutritional diet of the 21st century is the continuous use of biologically active additives added to food and products with the characteristics of functional food products in the diet, along with traditional natural food products [6,7]

**The purpose of the study:** Fractionated and thermally processed "Ozuqaviy kepek-Luks" is a hygienic assessment of the nutritional value of wheat bran.

**Materials and methods of research:** For the study, the analysis materials of the nutritional content of fractionated and thermally processed "Ozuqaviy kepek-Luks" wheat bran and the statistical processing of the obtained results were used in the statistical processing of the application package of the personal computer "Statistica for Windows 7.0".

**Results obtained:** Fractionated and thermally processed wheat bran "Ozuqaviy kepek-Luks" the results of the analysis of nutritional content are presented in Table 1.

**Table 1 "Ozuqaviy kepek-Luks" wheat bran nutritional value**

No	composition	in 100 grams	P
1	Proteins (g)	16.8±0.511	<0.05
2	Fats (g)	4.3±0.191	<0.05
3	Carbohydrates (g)	63±0.867	<0.01
4	Dietary fiber (g)	45±0.739	<0.05
5	Calories	216±1.61	<0.01

Based on the information presented in Table 1, the composition of macronutrients includes protein (16.8 g), fat (4.3 g, unsaturated fatty acid content), carbohydrate (63.0 g), dietary fiber (45.0 g), the energy value of this wheat bran is 216.0 kcal.

In conclusion, we should note that Fractionated and thermally processed wheat bran "Ozuqaviy kepak-Luks" is produced for people with overweight or obesity and its effectiveness is hygienically evaluated.

## REFERENCES

1. ВОЗ. Глобальная стратегия по питанию, физической активности и здоровью // Мир медицины. — Питер, 2001. — №3-4. — С. 28-38.
2. Вознесенская Т.Г. Ожирение; Под ред. И.И. Дедова, Г.А. Мельниченко. – М., 2004. – С. 234-252.
3. Cabler S., Agarwal A., Flint M., Du Plessis S.S. Obesity: modern man's fertility nemesis // Asian J. Androl. – 2010. – Vol. 12. – P. 480-489.
4. Kupelian V., Hayes F.J., Link C.L. et al. Inverse association of testosterone and the metabolic syndrome in men is consistent across race and ethnic groups // J. Clin. Endocrinol. Metab. – 2008. – Vol. 93. – P. 3403-3410.
5. Marin P., Holmang S., Gustafsson C. et al. Androgen treatment of abdominally obese men // Obes. Res. – 1993. – Vol. 1. – P. 245-251. 47. Meachem S.J., Nieschlag E., Simoni M. Inhibin B in male reproduction: pathophysiology and clinical relevance // Europ. J. Endocrinol. – 2001. – Vol. 145. – P. 561-571.