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## **СТАРТ В НАУКУ**

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## **DIET OF A MODERN PERSON**

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In the 21st century, the problem of a balanced diet is very important. Poor quality diet is the leading and real cause of deaths in the world. For example, in 2016, it accounted for 500000 deaths, and cardiovascular diseases caused 83% of them. Currently, high pace of life and aggressive strategies of marketing have led to a decrease in selectivity of a person when composing a diet.

The goal of our research is to find out the most optimal ratio of basic components in the diet of modern humans based on the results of experiments of leading universities of Canada, England, China and the USA. We studied the role of proteins, fats, carbohydrates, vitamins, microelements and their sources. We determined that it is important not only to have enough protein in the diet. People who participated in the experiment of the University of Rochester were able to reduce excess weight by 3–6 kg, switching to vegetable protein from red meat protein, and seafood protein improved the diversity of intestinal microflora, which reduced the risk of inflammatory and ulcerative diseases. There should not be a lot of carbohydrates and fats, as they can badly affect even the possibility of conceiving. According to American Journal of Clinical Nutrition, many compounds that are part of vegetables and fruit stabilize the microflora and reduce the risk of retinal diseases, such as citrus flavonoids. Modern people should not forget about the microelements, for instance iodine, as they are necessary for the normal functioning of organism.

In conclusion, we can say that the problem of rational nutrition is not as simple as it seems. Composing the diet, you should take into account your age, diseases that you have and never forget about the region you live in.

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