



**O‘ZBEKISTON RESPUBLIKASINING SANITARIYA QOIDALARI VA  
ME’YORLARI, GIGIYENA NORMATIVLARI**

---

**OLIMPIYA VA TERMA JAMOALAR SPORTCHILARI UCHUN  
TAVSIYA ETILGAN O‘RTACHA KUNLIK OVQATLANISH  
ME’YORLARI**

**O‘zbekiston Respublikasi  
0264-09 sonli SanQvaM**

**Rasmiy nashr**

**Toshkent – 2009**

Ushbu "O'zbekiston Respublikasi olimpiya va terma jamoalari sportchilari uchun tavsiya etilgan o'rtacha sutkalik ovqatlanish me'yorlari" sanitariya qoidalari va normalari (bundan keyin – gigiyena normalari) O'zbekiston Respublikasining 1992-yil 3-iyuldagi "Davlat sanitariya nazorati to'g'risida"gi qonuni (1995-yil 6-may va 1999-yil 15-apreldagi o'zgartish va qo'shimchalar bilan, O'zbekiston Respublikasi Oliy Kengashining Axborotnomasi, 1992-yil, 9-son, 355-modda; O'zbekiston Respublikasi Oliy Majlisining Axborotnomasi, 1995-yil, 6-son, 118-modda; 1999-yil, 5-son, 124-modda), 1996-yil 29-avgustdagi "Fuqarolar sog'lig'ini muhofaza qilish to'g'risida"gi qonuni (1999-yil 15-apreldagi o'zgartish va qo'shimchalar bilan, O'zbekiston Respublikasi Oliy Majlisining Axborotnomasi, 1996-yil, 9-son, 128-modda; 1999-yil, 5-son, 124-modda) hamda O'zbekiston Respublikasi Prezidentining 2009-yil 5-yanvardagi "O'zbekiston sportchilarini 2012-yilda London shahrida (Buyuk Britaniya) bo'lib o'tadigan XXX Olimpiya va XIV Paralimpiya o'yinlarida ishtirok etishga tayyorlash to'g'risida"gi qaroriga muvofiq ishlab chiqilgan.

## **1-bob. Qo'llanish sohasi**

Ushbu gigiyenik me'yorlarning asosiy maqsadi O'zbekiston olimpiya va terma jamoalarining sport salohiyatini yanada takomillashtirish, sport mahoratining uzluksiz o'sishini ta'minlash, shuningdek, O'zbekiston sportchilarining 2012-yilda Londonda (Buyuk Britaniya) o'tkaziladigan XXX yozgi Olimpiya va XIV Paralimpiya o'yinlariga maqsadli tayyorgarligini va muvaffaqiyatli ishtirokini ta'minlashdan iborat.

## **2-bob. Atamalar va ta'riflar**

**oziq-ovqat qo'shimchalari** - oziq-ovqat mahsulotlariga muayyan xususiyatlar berish va (yoki) ularning sifatini saqlash maqsadida tayyorlash jarayonida maxsus qo'shiladigan tabiiy yoki sun'iy moddalar hamda ularning birikmalari;

**biologik faol qo'shimchalar (BFQ)** - ovqat bilan birga iste'mol qilish yoki oziq-ovqat mahsulotlari tarkibiga kiritish uchun mo'ljallangan tabiiy (tabiiyga o'xshash) biologik faol moddalar;

BFQ oziq-ovqat va biologik faol moddalarning qo'shimcha manbai sifatida, turli funksional holatlarda uglevod, yog', oqsil, vitamin va boshqa moddalar almashinuvini maqbullashtirish, inson organizmi a'zolari va tizimlarining funksional holatini me'yorlashtirish va/yoki yaxshilash uchun qo'llaniladi;

**ovqatlanish ratsionlarining ozuqaviy qiymati** - insonning zarur moddalar va energiyaga bo'lgan o'rtacha kunlik fiziologik ehtiyojlarini qondiradigan oziq-ovqat xususiyatlari majmui;

**biologik qiymat** - tirik organizmga biologik ta'sir ko'rsatuvchi oziq-ovqat xususiyatlari majmui bo'lib, bunda organizmning biologik faol moddalarga bo'lgan ehtiyojlari qondiriladi.

### 3-bob. Umumiy qoidalar

1. Ushbu gigiyenik me'yorlar O'zbekiston Respublikasidagi mavjud SanQvaM N 0126-01 "Professional sportchilar uchun tavsiya etilgan o'rtacha kunlik ovqatlanish me'yorlari (yengil atletika)", SanQvaM N 0140-03 "Professional sportchilar uchun tavsiya etilgan o'rtacha kunlik ovqatlanish me'yorlari (kurash, erkin kurash, dzyudo, turon, rim kurashi, karate, sambo, boks va boshqa yakkakurash turlari)", sportchilar ovqatlanishini me'yorlash bo'yicha adabiyot ma'lumotlari asosida ishlab chiqilgan. Bu me'yorlar maqsadli ilmiy-tadqiqot ishlari natijalariga ko'ra keyinchalik aniqlashtirilib, takomillashtirilishi lozim.

2. Tavsiya etilgan o'rtacha sutkalik ovqatlanish me'yorlari nettoga hisoblangan. Ya'ni, yil fasllari va xom ashyo holatiga qarab, texnologik yo'riqnomalarda belgilangan tegishli hisob-kitoblar amalga oshiriladi.

3. Bo'yi 190 sm dan baland bo'lgan sportchilarga tavsiya etilgan o'rtacha sutkalik ovqatlanish me'yorining 50% miqdorida qo'shimcha oziq-ovqat nazarda tutiladi.

4. O'rtacha sutkalik tavsiya etiladigan ovqatlanish me'yorlarini qo'llashda quyidagilarni hisobga olish zarur:

Ovqatlanish yuqori ish qobiliyatini saqlab qoladi, sportchi organizmining ekstremal jismoniy yuklamalarga moslashish imkoniyatlarini kengaytiradi, atrof-muhitning salbiy ta'sirlaridan himoya qiladi;

Ko'p martalik mashg'ulotlar va haddan tashqari zo'riqishli musobaqa yuklamalari sharoitida sportchi organizmida sezilarli fiziologik va biokimyoviy o'zgarishlar yuz beradi;

Har bir sportchiga individual yondashuvga asoslangan holda, uning antropometrik ko'rsatkichlari, mashg'ulotlar jadalligi, ruhiy holati va mavjud mahsulotlarni inobatga olgan holda parhez bo'yicha tavsiyalar berish uchun taklif etilayotgan me'yorlarga kundalik tuzatishlar kiritish zarurati;

Gumoral boshqaruvchilarning biosintezi va ularning ta'sirini amalga oshirish uchun qulay bo'lgan metabolik muhitni yaratishda oziq-ovqat moddalarining ta'sir darajasi;

Sportchining kundalik ovqatlanish ratsioni tahlili asosida asosiy oziq-ovqat moddalari tarkibining nisbiy miqdori va energetik qiymatining o'rtacha ko'rsatkichlari.

5. Mashg'ulot bazalarida sportchilarning ovqatlanishini tashkil etishda umumiy ovqatlanish korxonalariga qo'yiladigan sanitariya-gigiyena talablariga hamda oziq-ovqat mahsulotlarining yaroqlilik muddatlariga qat'iy rioya qilish lozim.

6. Sportchilarda siydik va ter orqali mineral moddalarning muqarrar yo'qotilishini hisobga olgan holda, ayniqsa yozgi mavsumda, jadal jismoniy zo'riqish sharoitida tarkibida kimyoviy qo'shimchalar va sun'iy xushbo'ylagichlar bo'lmagan chanqoqni qondiruvchi va minerallashtirgan ichimliklarni iste'mol qilish bo'yicha individual tavsiyalarni belgilash zarur.

7. Sportchilarning yuqori energiya sarfi, shuningdek, ularning organizmining vitaminlar, makro va mikroelementlar hamda almashtirib bo'lmaydigan

aminokislotalarga bo'lgan ehtiyojining yuqoriligi O'zbekiston Respublikasi Sog'liqni saqlash vazirligi tomonidan ruxsat etilgan oziq-ovqat mahsulotlariga biologik faol qo'shimchalarni (BFQ) mahsulotlar to'plami me'yorlariga kiritish zarurligini taqozo etadi.

8. BFQlar quyidagi vazifalarni bajarish uchun qo'llaniladi:

mashg'ulot va musobaqalardan so'ng organizmning tiklanish jarayonlarini tezlashtirish;

suv-tuz almashinuvi va tana haroratini boshqarish;

tana vaznini muvofiqlashtirish;

sportchi mushak massasini maqsadli rivojlantirish;

musobaqa davrida kunlik ovqatlanish hajmini kamaytirish;

mashg'ulot yuklamalari yo'nalishiga qarab yoki musobaqalarga tayyorgarlik ko'rishda kunlik ovqatlanish sifatini o'zgartirish;

ovqatlanishni individuallashtirish, ayniqsa kuchli asabiy-hissiy zo'riqishlar sharoitida.

1-JADVAL

Tavsiya etilgan oʻrtacha kunlik ovqatlanish meʼyorlari oʻq otish sporti turlari uchun (stend, oʻq otish, kamondan otish), grammda netto

| №                     | Mahsulot nomi                              | Erkaklar    | Ayollar     |
|-----------------------|--------------------------------------------|-------------|-------------|
| 1                     | dukkaklilar                                | 25,0        | 22,0        |
| 2                     | bugʻdoy uni                                | 45,0        | 35,0        |
| 3                     | boshqa un                                  | 28,0        | 20,0        |
| 4                     | guruch                                     | 90,0        | 80,0        |
| 5                     | boshqa yormalar (guruchsiz)                | 40,0        | 35,0        |
| 6                     | bugʻdoy noni                               | 265,0       | 240,0       |
| 7                     | javdar noni                                | 240,0       | 220,0       |
| 8                     | donning boshqa turlaridan tayyorlangan non | 60,0        | 50,0        |
| 9                     | makaronlar                                 | 70,0        | 50,0        |
| 10                    | kartoshka                                  | 500,0       | 470,0       |
| 11                    | karam                                      | 235,0       | 220,0       |
| 12                    | bodring va pomidor                         | 235,0       | 220,0       |
| 13                    | lavlagi va sabzi                           | 235,0       | 220,0       |
| 14                    | boshqa sabzavotlar                         | 180,0       | 180,0       |
| 15                    | poliz ekinlari                             | 240,0       | 220,0       |
| 16                    | qovoq                                      | 100,0       | 100,0       |
| 17                    | yangi meva va rezavorlar                   | 375,0       | 325,0       |
| 18                    | quritilgan meva va rezavorlar              | 80,0        | 75,0        |
| 19                    | yangi uzum                                 | 80,0        | 75,0        |
| 20                    | sitrus mevalar                             | 40,0        | 40,0        |
| 21                    | goʻsht-mol goʻshti                         | 90,0        | 85,0        |
| 22                    | qoʻy goʻshti                               | 40,0        | 35,0        |
| 23                    | qush                                       | 85,0        | 80,0        |
| 24                    | ichki mahsulotlar                          | 45,0        | 30,0        |
| 25                    | kolbasa mahsulotlari                       | 35,0        | 30,0        |
| 26                    | yangi baliq                                | 85,0        | 70,0        |
| 27                    | baliq konservalari                         | 40,0        | 30,0        |
| 28                    | yogʻsiz sut                                | 500,0       | 500,0       |
| 29                    | qaymoq                                     | 50,0        | 40,0        |
| 30                    | hayvon yogʻi                               | 70,0        | 60,0        |
| 31                    | tvorog                                     | 90,0        | 80,0        |
| 32                    | pishloq, brinza                            | 45,0        | 40,0        |
| 33                    | tuxum, dona                                | 1,5         | 1,25        |
| 34                    | shakar                                     | 85,0        | 75,0        |
| 35                    | margarin                                   | 25,0        | 20,0        |
| 36                    | oʻsimlik moyi                              | 40,0        | 35,0        |
| 37                    | ziravorlar, koʻkatlar                      | 45,0        | 35,0        |
| 38                    | xamirturush                                | 3,0         | 3,0         |
| 39                    | yodlangan tuz                              | 15,0        | 15,0        |
| 40                    | qahva, kakao                               | 3,0         | 2,5         |
| 41                    | choy                                       | 3,0         | 3,0         |
| 42                    | tabiiy sharbatlar                          | 200,0       | 200,0       |
| 43                    | biologik faol qoʻshimchalar                | 25,0        | 25,0        |
| 44                    | minerallashgan, gazsiz suv, ml             | 1000,0      | 1000,0      |
| <b>Kaloriya, Kkal</b> |                                            | <b>6750</b> | <b>5700</b> |

## 2-JADVAL

**Tavsiya etilgan oʻrtacha kunlik ovqatlanish meʼyorlari yengil atletikachilar uchun (balandlikka, uzunlikka, uch hatlab sakrash, nayza, disk, bolgʻa, yadro) grammda netto**

| №                     | Mahsulot nomi                              | Erkaklar    | Ayollar     |
|-----------------------|--------------------------------------------|-------------|-------------|
| 1                     | dukkaklilar                                | 35,0        | 35,0        |
| 2                     | bugʻdoy uni                                | 50,0        | 40,0        |
| 3                     | boshqa un                                  | 30,0        | 25,0        |
| 4                     | guruch                                     | 100,0       | 90,0        |
| 5                     | boshqa yormalar (guruchsiz)                | 50,0        | 45,0        |
| 6                     | bugʻdoy noni                               | 280,0       | 250,0       |
| 7                     | javdar noni                                | 250,0       | 235,0       |
| 8                     | donning boshqa turlaridan tayyorlangan non | 70,0        | 65,0        |
| 9                     | makaronlar                                 | 80,0        | 65,0        |
| 10                    | kartoshka                                  | 550,0       | 480,0       |
| 11                    | karam                                      | 250,0       | 225,0       |
| 12                    | bodring va pomidor                         | 250,0       | 225,0       |
| 13                    | lavlagi va sabzi                           | 250,0       | 225,0       |
| 14                    | boshqa sabzavotlar                         | 200,0       | 200,0       |
| 15                    | poliz ekinlari                             | 250,0       | 220,0       |
| 16                    | qovoq                                      | 100,0       | 100,0       |
| 17                    | yangi meva va rezavorlar                   | 400,0       | 350,0       |
| 18                    | quritilgan meva va rezavorlar              | 100,0       | 85,0        |
| 19                    | yangi uzum                                 | 100,0       | 85,0        |
| 20                    | sitrus mevalar                             | 50,0        | 45,0        |
| 21                    | goʻsht-mol goʻshti                         | 100,0       | 95,0        |
| 22                    | qoʻy goʻshti                               | 55,0        | 45,0        |
| 23                    | qush                                       | 100,0       | 90,0        |
| 24                    | ichki mahsulotlar                          | 50,0        | 40,0        |
| 25                    | kolbasa mahsulotlari                       | 50,0        | 40,0        |
| 26                    | yangi baliq                                | 100,0       | 80,0        |
| 27                    | baliq konservalari                         | 50,0        | 40,0        |
| 28                    | yogʻsiz sut                                | 550,0       | 500,0       |
| 29                    | qaymoq                                     | 60,0        | 50,0        |
| 30                    | hayvon yogʻi                               | 75,0        | 70,0        |
| 31                    | tvorog                                     | 100,0       | 85,0        |
| 32                    | pishloq, brinza                            | 50,0        | 50,0        |
| 33                    | tuxum, dona                                | 2,0         | 1,5         |
| 34                    | shakar                                     | 85,0        | 80,0        |
| 35                    | margarin                                   | 30,0        | 25,0        |
| 36                    | oʻsimlik moyi                              | 40,0        | 35,0        |
| 37                    | ziravorlar, koʻkatlar                      | 50,0        | 45,0        |
| 38                    | xamirturush                                | 3,0         | 3,0         |
| 39                    | yodlangan tuz                              | 15,0        | 15,0        |
| 40                    | qahva, kakao                               | 4,0         | 3,0         |
| 41                    | choy                                       | 3,0         | 3,0         |
| 42                    | tabiiy sharbatlar                          | 200,0       | 200,0       |
| 43                    | biologik faol qoʻshimchalar                | 25,0        | 25,0        |
| 44                    | minerallashgan, gazsiz suv, ml             | 1000,0      | 1000,0      |
| <b>Kaloriya, Kkal</b> |                                            | <b>7000</b> | <b>6700</b> |

### 3-JADVAL

**Yengil atletikachilarning tavsiya etilgan oʻrtacha kunlik ovqatlanish meʼyorlari (100-200 m, 110 m toʻsiqlar osha yugurish, 400 m, 800 m, yetti kurash (ayollar), oʻnkurash (erkaklar) soʻf grammda**

| №                     | Mahsulot nomi                              | Erkaklar    | Ayollar     |
|-----------------------|--------------------------------------------|-------------|-------------|
| 1                     | dukkaklilar                                | 50,0        | 40,0        |
| 2                     | bugʻdoy uni                                | 50,0        | 40,0        |
| 3                     | boshqa un                                  | 30,0        | 25,0        |
| 4                     | guruch                                     | 100,0       | 100,0       |
| 5                     | boshqa yormalar (guruchsiz)                | 50,0        | 45,0        |
| 6                     | bugʻdoy noni                               | 280,0       | 250,0       |
| 7                     | javdar noni                                | 250,0       | 235,0       |
| 8                     | donning boshqa turlaridan tayyorlangan non | 70,0        | 65,0        |
| 9                     | makaronlar                                 | 80,0        | 80,0        |
| 10                    | kartoshka                                  | 550,0       | 500,0       |
| 11                    | karam                                      | 250,0       | 240,0       |
| 12                    | bodring va pomidor                         | 250,0       | 230,0       |
| 13                    | lavlagi va sabzi                           | 250,0       | 230,0       |
| 14                    | boshqa sabzavotlar                         | 200,0       | 200,0       |
| 15                    | poliz ekinlari                             | 250,0       | 250,0       |
| 16                    | qovoq                                      | 100,0       | 100,0       |
| 17                    | yangi meva va rezavorlar                   | 400,0       | 350,0       |
| 18                    | quritilgan meva va rezavorlar              | 100,0       | 85,0        |
| 19                    | yangi uzum                                 | 100,0       | 85,0        |
| 20                    | sitrus mevalar                             | 50,0        | 50,0        |
| 21                    | goʻsht-mol goʻshti                         | 100,0       | 100,0       |
| 22                    | qoʻy goʻshti                               | 75,0        | 60,0        |
| 23                    | qush                                       | 100,0       | 100,0       |
| 24                    | ichki mahsulotlar                          | 50,0        | 45,0        |
| 25                    | kolbasa mahsulotlari                       | 60,0        | 50,0        |
| 26                    | yangi baliq                                | 125,0       | 100,0       |
| 27                    | baliq konservalari                         | 50,0        | 50,0        |
| 28                    | yogʻsiz sut                                | 550,0       | 500,0       |
| 29                    | qaymoq                                     | 60,0        | 60,0        |
| 30                    | hayvon yogʻi                               | 75,0        | 70,0        |
| 31                    | tvorog                                     | 150,0       | 150,0       |
| 32                    | pishloq, brinza                            | 50,0        | 50,0        |
| 33                    | tuxum, dona                                | 2,0         | 2,0         |
| 34                    | shakar                                     | 85,0        | 85,0        |
| 35                    | margarin                                   | 30,0        | 30,0        |
| 36                    | oʻsimlik moyi                              | 55,0        | 50,0        |
| 37                    | ziravorlar, koʻkatlar                      | 50,0        | 50,0        |
| 38                    | xamirturush                                | 3,0         | 3,0         |
| 39                    | yodlangan tuz                              | 15,0        | 15,0,       |
| 40                    | qahva, kakao                               | 4,0         | 3,0         |
| 41                    | choy                                       | 3,0         | 3,0         |
| 42                    | tabiiy sharbatlar                          | 200,0       | 200,0       |
| 43                    | biologik faol qoʻshimchalar                | 25,0        | 25,0        |
| 44                    | minerallashgan, gazzsiz suv, ml            | 1000,0      | 1000,0      |
| <b>Kaloriya, Kkal</b> |                                            | <b>7500</b> | <b>7200</b> |

#### 4-JADVAL

**Yengil atletikachilar uchun tavsiya etilgan ovqatlanish me'yorlari (yugurish 3000 m, 5000 m, yarim marafon yugurish 2000 m yugurish, 3000 m yugurish, sportcha yurish 5 km, marafon), grammada netto**

| №                     | Mahsulot nomi                              | Erkaklar    | Ayollar     |
|-----------------------|--------------------------------------------|-------------|-------------|
| 1                     | dukkaklilar                                | 50,0        | 50,0        |
| 2                     | bug'doy uni                                | 50,0        | 50,0        |
| 3                     | boshqa un                                  | 30,0        | 30,0        |
| 4                     | guruch                                     | 100,0       | 100,0       |
| 5                     | boshqa yormalar (guruchsiz)                | 50,0        | 50,0        |
| 6                     | bug'doy noni                               | 280,0       | 280,0       |
| 7                     | javdar noni                                | 250,0       | 250,0       |
| 8                     | donning boshqa turlaridan tayyorlangan non | 70,0        | 70,0        |
| 9                     | makaronlar                                 | 100,0       | 80,0        |
| 10                    | kartoshka                                  | 550,0       | 550,0       |
| 11                    | karam                                      | 300,0       | 250,0       |
| 12                    | bodring va pomidor                         | 250,0       | 250,0       |
| 13                    | lavlagi va sabzi                           | 300,0       | 250,0       |
| 14                    | boshqa sabzavotlar                         | 250,0       | 200,0       |
| 15                    | poliz ekinlari                             | 250,0       | 250,0       |
| 16                    | qovoq                                      | 150,0       | 100,0       |
| 17                    | yangi meva va rezavorlar                   | 400,0       | 400,0       |
| 18                    | quritilgan meva va rezavorlar              | 100,0       | 100,0       |
| 19                    | yangi uzum                                 | 100,0       | 100,0       |
| 20                    | sitrus mevalar                             | 100,0       | 50,0        |
| 21                    | go'sht-mol go'shti                         | 100,0       | 100,0       |
| 22                    | qo'y go'shti                               | 75,0        | 75,0        |
| 23                    | qush                                       | 150,0       | 100,0       |
| 24                    | ichki mahsulotlar                          | 50,0        | 50,0        |
| 25                    | kolbasa mahsulotlari                       | 60,0        | 60,0        |
| 26                    | yangi baliq                                | 150,0       | 125,0       |
| 27                    | baliq konservalari                         | 75,0        | 50,0        |
| 28                    | yog'siz sut                                | 550,0       | 550,0       |
| 29                    | qaymoq                                     | 80,0        | 60,0        |
| 30                    | hayvon yog'i                               | 75,0        | 75,0        |
| 31                    | tvorog                                     | 150,0       | 150,0       |
| 32                    | pishloq, brinza                            | 75,0        | 50,0        |
| 33                    | tuxum, dona                                | 2,0         | 2,0         |
| 34                    | shakar                                     | 85,0        | 85,0        |
| 35                    | margarin                                   | 40,0        | 30,0        |
| 36                    | o'simlik moyi                              | 60,0        | 55,0        |
| 37                    | ziravorlar, ko'katlar                      | 50,0        | 50,0        |
| 38                    | xamirturush                                | 3,0         | 3,0         |
| 39                    | yodlangan tuz                              | 15,0        | 15,0        |
| 40                    | qahva, kakao                               | 4,0         | 4,0         |
| 41                    | choy                                       | 4,0         | 3,0         |
| 42                    | tabiiy sharbatlar                          | 250,0       | 200,0       |
| 43                    | biologik faol qo'shimchalar                | 25,0        | 25,0        |
| 44                    | minerallashgan, gazsiz suv, ml             | 1000,0      | 1000,0      |
| <b>Kaloriya, Kkal</b> |                                            | <b>7800</b> | <b>7500</b> |



## 5-JADVAL

**Sportchilar uchun tavsiya etilgan o‘rtacha kunlik ovqatlanish me‘yorlari tezkor-kuch sport turlari (sport va badiiy) gimnastika, trampolin, akrobatika), grammda netto**

| №                     | Mahsulot nomi                              | Erkaklar    | Ayollar     |
|-----------------------|--------------------------------------------|-------------|-------------|
| 1                     | dukkaklilar                                | 40,0        | 35,0        |
| 2                     | bug‘doy uni                                | 40,0        | 35,0        |
| 3                     | boshqa un                                  | 25,0        | 25,0        |
| 4                     | guruch                                     | 100,0       | 100,0       |
| 5                     | boshqa yormalar (guruchsiz)                | 45,0        | 40,0        |
| 6                     | bug‘doy noni                               | 250,0       | 250,0       |
| 7                     | javdar noni                                | 235,0       | 235,0       |
| 8                     | donning boshqa turlaridan tayyorlangan non | 65,0        | 60,0        |
| 9                     | makaronlar                                 | 80,0        | 75,0        |
| 10                    | kartoshka                                  | 500,0       | 500,0       |
| 11                    | karam                                      | 240,0       | 235,0       |
| 12                    | bodring va pomidor                         | 230,0       | 230,0       |
| 13                    | lavlagi va sabzi                           | 230,0       | 230,0       |
| 14                    | boshqa sabzavotlar                         | 200,0       | 180,0       |
| 15                    | poliz ekinlari                             | 250,0       | 240,0       |
| 16                    | qovoq                                      | 100,0       | 100,0       |
| 17                    | yangi meva va rezavorlar                   | 350,0       | 350,0       |
| 18                    | quritilgan meva va rezavorlar              | 85,0        | 80,0        |
| 19                    | yangi uzum                                 | 85,0        | 80,0        |
| 20                    | sitrus mevalar                             | 50,0        | 50,0        |
| 21                    | go‘sht-mol go‘shti                         | 100,0       | 90,0        |
| 22                    | qo‘y go‘shti                               | 60,0        | 50,0        |
| 23                    | qush                                       | 100,0       | 85,0        |
| 24                    | ichki mahsulotlar                          | 45,0        | 45,0        |
| 25                    | kolbasa mahsulotlari                       | 50,0        | 50,0        |
| 26                    | yangi baliq                                | 100,0       | 100,0       |
| 27                    | baliq konservalari                         | 50,0        | 50,0        |
| 28                    | yog‘siz sut                                | 500,0       | 500,0       |
| 29                    | qaymoq                                     | 60,0        | 55,0        |
| 30                    | hayvon yog‘i                               | 70,0        | 70,0        |
| 31                    | tvorog                                     | 150,0       | 125,0       |
| 32                    | pishloq, brinza                            | 50,0        | 45,0        |
| 33                    | tuxum, dona                                | 2,0         | 1,5         |
| 34                    | shakar                                     | 85,0        | 75,0        |
| 35                    | margarin                                   | 30,0        | 25,0        |
| 36                    | o‘simlik moyi                              | 50,0        | 40,0        |
| 37                    | ziravorlar, ko‘katlar                      | 50,0        | 50,0        |
| 38                    | xamirturush                                | 3,0         | 3,0         |
| 39                    | yodlangan tuz                              | 15,0,       | 15,0        |
| 40                    | qahva, kakao                               | 3,0         | 3,0         |
| 41                    | choy                                       | 3,0         | 3,0         |
| 42                    | tabiiy sharbatlar                          | 200,0       | 200,0       |
| 43                    | biologik faol qo‘shimchalar                | 25,0        | 25,0        |
| 44                    | minerallashgan, gazsiz suv, ml             | 1000,0      | 1000,0      |
| <b>Kaloriya, Kkal</b> |                                            | <b>7200</b> | <b>6800</b> |

## 6-JADVAL

Tavsiya etilgan oʻrtacha kunlik ovqatlanish meʼyorlari yakkakurash turlari (ogʻir atletika, dzyudo, yunon-rum kurashi, erkin kurash, kurash boks, qilichbozlik), gramm netto

| №                     | Mahsulot nomi                              | Erkaklar    | Ayollar     |
|-----------------------|--------------------------------------------|-------------|-------------|
| 1                     | dukkaklilar                                | 50,0        | 35,0        |
| 2                     | bugʻdoy uni                                | 50,0        | 35,0        |
| 3                     | boshqa un                                  | 30,0        | 25,0        |
| 4                     | guruch                                     | 100,0       | 100,0       |
| 5                     | boshqa yormalar (guruchsiz)                | 50,0        | 40,0        |
| 6                     | bugʻdoy noni                               | 280,0       | 250,0       |
| 7                     | javdar noni                                | 250,0       | 235,0       |
| 8                     | donning boshqa turlaridan tayyorlangan non | 70,0        | 60,0        |
| 9                     | makaronlar                                 | 80,0        | 75,0        |
| 10                    | kartoshka                                  | 550,0       | 500,0       |
| 11                    | karam                                      | 250,0       | 235,0       |
| 12                    | bodring va pomidor                         | 250,0       | 230,0       |
| 13                    | lavlagi va sabzi                           | 250,0       | 230,0       |
| 14                    | boshqa sabzavotlar                         | 200,0       | 180,0       |
| 15                    | poliz ekinlari                             | 250,0       | 240,0       |
| 16                    | qovoq                                      | 100,0       | 100,0       |
| 17                    | yangi meva va rezavorlar                   | 400,0       | 350,0       |
| 18                    | quritilgan meva va rezavorlar              | 100,0       | 80,0        |
| 19                    | yangi uzum                                 | 100,0       | 80,0        |
| 20                    | sitrus mevalar                             | 50,0        | 50,0        |
| 21                    | goʻsht-mol goʻshti                         | 100,0       | 90,0        |
| 22                    | qoʻy goʻshti                               | 75,0        | 50,0        |
| 23                    | qush                                       | 100,0       | 85,0        |
| 24                    | ichki mahsulotlar                          | 50,0        | 45,0        |
| 25                    | kolbasa mahsulotlari                       | 60,0        | 50,0        |
| 26                    | yangi baliq                                | 125,0       | 100,0       |
| 27                    | baliq konservalari                         | 50,0        | 50,0        |
| 28                    | yogʻsiz sut                                | 550,0       | 500,0       |
| 29                    | qaymoq                                     | 60,0        | 55,0        |
| 30                    | hayvon yogʻi                               | 75,0        | 70,0        |
| 31                    | tvorog                                     | 150,0       | 125,0       |
| 32                    | pishloq, brinza                            | 50,0        | 45,0        |
| 33                    | tuxum, dona                                | 2,0         | 1,5         |
| 34                    | shakar                                     | 85,0        | 75,0        |
| 35                    | margarin                                   | 30,0        | 25,0        |
| 36                    | oʻsimlik moyi                              | 55,0        | 40,0        |
| 37                    | ziravorlar, koʻkatlar                      | 50,0        | 50,0        |
| 38                    | xamirturush                                | 3,0         | 3,0         |
| 39                    | yodlangan tuz                              | 15,0        | 15,0        |
| 40                    | qahva, kakao                               | 4,0         | 3,0         |
| 41                    | choy                                       | 3,0         | 3,0         |
| 42                    | tabiiy sharbatlar                          | 200,0       | 200,0       |
| 43                    | biologik faol qoʻshimchalar                | 25,0        | 25,0        |
| 44                    | minerallashgan, gazsiz suv, ml             | 1000,0      | 1000,0      |
| <b>Kaloriya, Kkal</b> |                                            | <b>7500</b> | <b>6800</b> |

## 7-JADVAL

Tavsiya etilgan oʻrtacha kunlik ovqatlanish meʼyorlari sportning oʻyin turlari (futbol, gandbol, basketbol, voleybol, regbi, stol tennis, katta tennis, badminton), grammda netto

| №                     | Mahsulot nomi                              | Erkaklar    | Ayollar     |
|-----------------------|--------------------------------------------|-------------|-------------|
| 1                     | dukkaklilar                                | 50,0        | 35,0        |
| 2                     | bugʻdoy uni                                | 50,0        | 35,0        |
| 3                     | boshqa un                                  | 30,0        | 25,0        |
| 4                     | guruch                                     | 100,0       | 100,0       |
| 5                     | boshqa yormalar (guruchsiz)                | 50,0        | 40,0        |
| 6                     | bugʻdoy noni                               | 280,0       | 250,0       |
| 7                     | javdar noni                                | 250,0       | 235,0       |
| 8                     | donning boshqa turlaridan tayyorlangan non | 70,0        | 60,0        |
| 9                     | makaronlar                                 | 80,0        | 75,0        |
| 10                    | kartoshka                                  | 550,0       | 500,0       |
| 11                    | karam                                      | 250,0       | 235,0       |
| 12                    | bodring va pomidor                         | 250,0       | 230,0       |
| 13                    | lavlagi va sabzi                           | 250,0       | 230,0       |
| 14                    | boshqa sabzavotlar                         | 200,0       | 180,0       |
| 15                    | poliz ekinlari                             | 250,0       | 240,0       |
| 16                    | qovoq                                      | 100,0       | 100,0       |
| 17                    | yangi meva va rezavorlar                   | 400,0       | 350,0       |
| 18                    | quritilgan meva va rezavorlar              | 100,0       | 80,0        |
| 19                    | yangi uzum                                 | 100,0       | 80,0        |
| 20                    | sitrus mevalar                             | 50,0        | 50,0        |
| 21                    | goʻsht-mol goʻshti                         | 100,0       | 90,0        |
| 22                    | qoʻy goʻshti                               | 75,0        | 50,0        |
| 23                    | qush                                       | 100,0       | 85,0        |
| 24                    | ichki mahsulotlar                          | 50,0        | 45,0        |
| 25                    | kolbasa mahsulotlari                       | 60,0        | 50,0        |
| 26                    | yangi baliq                                | 125,0       | 100,0       |
| 27                    | baliq konservalari                         | 50,0        | 50,0        |
| 28                    | yogʻsiz sut                                | 550,0       | 500,0       |
| 29                    | qaymoq                                     | 60,0        | 55,0        |
| 30                    | hayvon yogʻi                               | 75,0        | 70,0        |
| 31                    | tvorog                                     | 150,0       | 125,0       |
| 32                    | pishloq, brinza                            | 50,0        | 45,0        |
| 33                    | tuxum, dona                                | 2,0         | 1,5         |
| 34                    | shakar                                     | 85,0        | 85,0        |
| 35                    | margarin                                   | 30,0        | 25,0        |
| 36                    | oʻsimlik moyi                              | 55,0        | 40,0        |
| 37                    | ziravorlar, koʻkatlar                      | 50,0        | 50,0        |
| 38                    | xamirturush                                | 3,0         | 3,0         |
| 39                    | yodlangan tuz                              | 15,0        | 15,0        |
| 40                    | qahva, kakao                               | 4,0         | 3,0         |
| 41                    | choy                                       | 3,0         | 3,0         |
| 42                    | tabiiy sharbatlar                          | 200,0       | 200,0       |
| 43                    | biologik faol qoʻshimchalar                | 25,0        | 25,0        |
| 44                    | minerallashtirilgan, gazsiz suv, ml        | 1000,0      | 1000,0      |
| <b>Kaloriya, Kkal</b> |                                            | <b>7500</b> | <b>6900</b> |

## 8-JADVAL

**Tavsiya etilgan oʻrtacha kunlik ovqatlanish meʼyorlari sportning oʻyin turlari  
(shaxmat, shashka) sportchilari uchun, grammda netto**

| <b>№</b>              | <b>Mahsulot nomi</b>                       | <b>Erkaklar</b> | <b>Ayollar</b> |
|-----------------------|--------------------------------------------|-----------------|----------------|
| 1                     | dukkaklilar                                | 25,0            | 22,0           |
| 2                     | bugʻdoy uni                                | 45,0            | 35,0           |
| 3                     | boshqa un                                  | 28,0            | 20,0           |
| 4                     | guruch                                     | 90,0            | 80,0           |
| 5                     | boshqa yormalar (guruchsiz)                | 40,0            | 35,0           |
| 6                     | bugʻdoy noni                               | 265,0           | 240,0          |
| 7                     | javdar noni                                | 240,0           | 220,0          |
| 8                     | donning boshqa turlaridan tayyorlangan non | 60,0            | 50,0           |
| 9                     | makaronlar                                 | 70,0            | 50,0           |
| 10                    | kartoshka                                  | 500,0           | 470,0          |
| 11                    | karam                                      | 235,0           | 220,0          |
| 12                    | bodring va pomidor                         | 235,0           | 220,0          |
| 13                    | lavlagi va sabzi                           | 235,0           | 220,0          |
| 14                    | boshqa sabzavotlar                         | 180,0           | 180,0          |
| 15                    | poliz ekinlari                             | 240,0           | 220,0          |
| 16                    | qovoq                                      | 100,0           | 100,0          |
| 17                    | yangi meva va rezavorlar                   | 375,0           | 325,0          |
| 18                    | quritilgan meva va rezavorlar              | 80,0            | 75,0           |
| 19                    | yangi uzum                                 | 80,0            | 75,0           |
| 20                    | sitrus mevalar                             | 40,0            | 40,0           |
| 21                    | goʻsht-mol goʻshti                         | 90,0            | 85,0           |
| 22                    | qoʻy goʻshti                               | 40,0            | 35,0           |
| 23                    | qush                                       | 85,0            | 80,0           |
| 24                    | ichki mahsulotlar                          | 45,0            | 30,0           |
| 25                    | kolbasa mahsulotlari                       | 35,0            | 30,0           |
| 26                    | yangi baliq                                | 85,0            | 70,0           |
| 27                    | baliq konservalari                         | 40,0            | 30,0           |
| 28                    | yogʻsiz sut                                | 500,0           | 500,0          |
| 29                    | qaymoq                                     | 50,0            | 40,0           |
| 30                    | hayvon yogʻi                               | 70,0            | 60,0           |
| 31                    | tvorog                                     | 90,0            | 80,0           |
| 32                    | pishloq, brinza                            | 45,0            | 40,0           |
| 33                    | tuxum, dona                                | 1,5             | 1,25           |
| 34                    | shakar                                     | 85,0            | 75,0           |
| 35                    | margarin                                   | 25,0            | 20,0           |
| 36                    | oʻsimlik moyi                              | 40,0            | 35,0           |
| 37                    | ziravorlar, koʻkatlar                      | 45,0            | 35,0           |
| 38                    | xamirturush                                | 3,0             | 3,0            |
| 39                    | yodlangan tuz                              | 15,0            | 15,0           |
| 40                    | qahva, kakao                               | 3,0             | 2,5            |
| 41                    | choy                                       | 3,0             | 3,0            |
| 42                    | tabiiy sharbatlar                          | 200,0           | 200,0          |
| 43                    | biologik faol qoʻshimchalar                | 25,0            | 25,0           |
| 44                    | minerallashgan, gazsiz suv, ml             | 500,0           | 500,0          |
| <b>Kaloriya, Kkal</b> |                                            | <b>6800</b>     | <b>6500</b>    |

## 9-JADVAL

**Sportchilar uchun tavsiya etilgan oʻrtacha kunlik ovqatlanish meʼyorlari chidamlilikka (velosport, velotrek, triatlon, suzish, eshkak eshish) akademik, slalom eshkak eshish, baydarka va kanoeda eshkak eshish), grammada netto**

| №                     | Mahsulot nomi                              | Erkaklar    | Ayollar     |
|-----------------------|--------------------------------------------|-------------|-------------|
| 1                     | dukkaklilar                                | 50,0        | 50,0        |
| 2                     | bugʻdoy uni                                | 50,0        | 50,0        |
| 3                     | boshqa un                                  | 30,0        | 30,0        |
| 4                     | guruch                                     | 100,0       | 100,0       |
| 5                     | boshqa yormalar (guruchsiz)                | 50,0        | 50,0        |
| 6                     | bugʻdoy noni                               | 280,0       | 280,0       |
| 7                     | javdar noni                                | 250,0       | 250,0       |
| 8                     | donning boshqa turlaridan tayyorlangan non | 70,0        | 70,0        |
| 9                     | makaronlar                                 | 100,0       | 80,0        |
| 10                    | kartoshka                                  | 550,0       | 550,0       |
| 11                    | karam                                      | 300,0       | 250,0       |
| 12                    | bodring va pomidor                         | 250,0       | 250,0       |
| 13                    | lavlagi va sabzi                           | 300,0       | 250,0       |
| 14                    | boshqa sabzavotlar                         | 250,0       | 200,0       |
| 15                    | poliz ekinlari                             | 250,0       | 250,0       |
| 16                    | qovoq                                      | 150,0       | 100,0       |
| 17                    | yangi meva va rezavorlar                   | 400,0       | 400,0       |
| 18                    | quritilgan meva va rezavorlar              | 100,0       | 100,0       |
| 19                    | yangi uzum                                 | 100,0       | 100,0       |
| 20                    | sitrus mevalar                             | 100,0       | 50,0        |
| 21                    | goʻsht-mol goʻshti                         | 100,0       | 100,0       |
| 22                    | qoʻy goʻshti                               | 75,0        | 75,0        |
| 23                    | qush                                       | 150,0       | 100,0       |
| 24                    | ichki mahsulotlar                          | 50,0        | 50,0        |
| 25                    | kolbasa mahsulotlari                       | 60,0        | 60,0        |
| 26                    | yangi baliq                                | 150,0       | 125,0       |
| 27                    | baliq konservalari                         | 75,0        | 50,0        |
| 28                    | yogʻsiz sut                                | 550,0       | 550,0       |
| 29                    | qaymoq                                     | 80,0        | 60,0        |
| 30                    | hayvon yogʻi                               | 75,0        | 75,0        |
| 31                    | tvorog                                     | 150,0       | 150,0       |
| 32                    | pishloq, brinza                            | 75,0        | 50,0        |
| 33                    | tuxum, dona                                | 2,0         | 2,0         |
| 34                    | shakar                                     | 85,0        | 85,0        |
| 35                    | margarin                                   | 40,0        | 30,0        |
| 36                    | oʻsimlik moyi                              | 60,0        | 55,0        |
| 37                    | ziravorlar, koʻkatlar                      | 50,0        | 50,0        |
| 38                    | xamirturush                                | 3,0         | 3,0         |
| 39                    | yodlangan tuz                              | 15,0        | 15,0        |
| 40                    | qahva, kakao                               | 4,0         | 4,0         |
| 41                    | choy                                       | 4,0         | 3,0         |
| 42                    | tabiiy sharbatlar                          | 250,0       | 200,0       |
| 43                    | biologik faol qoʻshimchalar                | 25,0        | 25,0        |
| 44                    | minerallashgan, gazsiz suv, ml             | 1000,0      | 1000,0      |
| <b>Kaloriya, Kkal</b> |                                            | <b>7800</b> | <b>7500</b> |

## Oziq-ovqat mahsulotlarining o'zaro almashinuvchanligi normalar

| T/r                                       | Mahsulot nomi                                                             | Almashtiriladigan mahsulot miqdori, sof og'irlikda (gr) | O'rnini bosuvchi mahsulot miqdori, sof og'irlikda (gr) |
|-------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------|
| <b>Non va tegirmon-yorma mahsulotlari</b> |                                                                           |                                                         |                                                        |
| <b>1</b>                                  | <b>Javdar yoki bug'doyning kepakli unidan tayyorlangan non:</b>           | <b>100</b>                                              |                                                        |
| 1.1                                       | javdar yoki bug'doyning kepakli unidan tayyorlangan quritilgan non        |                                                         | 70                                                     |
| 1.2                                       | javdar yoki bug'doyning kepakli uni                                       |                                                         | 65                                                     |
| 1.3                                       | bug'doyning kepakli unidan oddiy galetlar                                 |                                                         | 70                                                     |
| 1.4                                       | qarsildoq nonlar                                                          |                                                         | 70                                                     |
| 1.5                                       | qarsildoq nonlar                                                          |                                                         | 70                                                     |
| 1.6                                       | 2-navli undan tayyorlangan bug'doy noni                                   |                                                         | 80                                                     |
| 1.7                                       | makkajo'xori noni                                                         |                                                         | 60                                                     |
| 1.8                                       | jo'xori noni                                                              |                                                         | 55                                                     |
| <b>2</b>                                  | <b>2-navli undan tayyorlangan bug'doy noni:</b>                           | <b>100</b>                                              |                                                        |
| 2.1                                       | 2-navli bug'doy quritilgan noni                                           |                                                         | 65                                                     |
| 2.2                                       | 2-navli bug'doy uni                                                       |                                                         | 70                                                     |
| 2.3                                       | 2-navli bug'doy unidan oddiy galetlar                                     |                                                         | 65                                                     |
| 2.4                                       | makkajo'xori noni                                                         |                                                         | 60                                                     |
| 2.5                                       | jo'xori noni                                                              |                                                         | 55                                                     |
| <b>3</b>                                  | <b>1-navli undan tayyorlangan bug'doy noni</b>                            | <b>100</b>                                              |                                                        |
| 3.1                                       | 1-navli bug'doy quritilgan noni                                           |                                                         | 65                                                     |
| 3.2                                       | 1-navli bug'doy uni                                                       |                                                         | 75                                                     |
| 3.3                                       | 1-navli bug'doy unidan oddiy galetlar                                     |                                                         | 30                                                     |
| 3.4                                       | yog' qo'shilgan yaxshilangan galetlar                                     |                                                         | 25                                                     |
| 3.5                                       | vafllilar                                                                 |                                                         | 20                                                     |
| 3.6                                       | "Obi non" yupqa nonlar                                                    |                                                         | 60                                                     |
| 3.7                                       | "Patir non" yupqa nonlar                                                  |                                                         | 50                                                     |
| <b>4</b>                                  | <b>Javdar yoki bug'doyning kepakli unidan tayyorlangan quritilgan non</b> | <b>100</b>                                              |                                                        |
| 4.1                                       | javdar yoki bug'doyning kepakli unidan tayyorlangan non                   |                                                         | 143                                                    |
| 4.2                                       | bug'doyning kepakli unidan oddiy galetlar yoki qarsildoq nonlar           |                                                         | 100                                                    |
| <b>5</b>                                  | <b>O'simlik yog'i qo'shilgan yaxshilangan galetlar</b>                    | <b>100</b>                                              |                                                        |
| 5.1                                       | 1-navli bug'doy unidan tayyorlangan non                                   |                                                         | 400                                                    |
| 5.2                                       | 1-navli bug'doy quritilgan noni                                           |                                                         | 260                                                    |
| <b>6</b>                                  | <b>2-navli bug'doy uni</b>                                                | <b>100</b>                                              |                                                        |
| 6.1                                       | makaron mahsulotlari                                                      |                                                         | 100                                                    |
| <b>7</b>                                  | <b>1-navli bug'doy uni</b>                                                | <b>100</b>                                              |                                                        |
| 7.1                                       | guruch yoki manna yorma                                                   |                                                         | 100                                                    |
| <b>8</b>                                  | <b>Turli yormalar</b>                                                     | <b>100</b>                                              |                                                        |
| 8.1                                       | pishirishni talab qilmaydigan yormalar                                    |                                                         | 100                                                    |

|           |                                                                    |            |     |
|-----------|--------------------------------------------------------------------|------------|-----|
| 8.2       | 2% gacha bo'lgan yormali, yirik sabzavotli konsentratlar           |            | 100 |
| 8.3       | yangi kartoshka va sabzavotlar                                     |            | 500 |
| 8.4       | quritilgan kartoshka, quruq kartoshka mahsulotlari                 |            | 100 |
| 8.5       | guruch                                                             |            | 100 |
| <b>9</b>  | <b>Guruch</b>                                                      | <b>100</b> |     |
| 9.1       | turli yormalar                                                     |            | 100 |
| 9.2       | manniy yorma                                                       |            | 100 |
| <b>10</b> | <b>Makaron mahsulotlari</b>                                        | <b>100</b> |     |
| 10.1      | turli yormalar                                                     |            | 100 |
| 10.2      | kartoshka                                                          |            | 500 |
| <b>11</b> | <b>1-toifali mol go'shti, qo'y go'shti</b>                         | <b>100</b> |     |
| 11.1      | suyakli go'sht bloklari                                            |            | 100 |
| 11.2      | suyaksiz go'sht bloklari                                           |            | 80  |
| 11.3      | ichak-chavoqlari tozalangan yoki yarim tozalangan parranda go'shti |            | 120 |
| 11.4      | me'yorga kiritilgan go'sht-o'simlik konservalari                   |            | 250 |
| 11.5      | dudlangan go'sht mahsulotlari (vetçina, to'sh go'shti, ruletlar)   |            | 60  |
| 11.6      | yangi baliq                                                        |            | 150 |
| 11.7      | go'sht konservalari                                                |            | 75  |
| <b>12</b> | <b>Sut</b>                                                         | <b>100</b> |     |
| 12.1      | kefir va qatiq                                                     |            | 100 |
| 12.2      | quyultirilgan sut                                                  |            | 30  |
| 12.3      | smetana                                                            |            | 15  |
| 12.4      | yog'li tvorog                                                      |            | 30  |
| 12.5      | eritilgan pishloq                                                  |            | 18  |
| <b>13</b> | <b>Yangi sabzavotlar</b>                                           | <b>100</b> |     |
| 13.1      | tuzlangan sabzavotlar                                              |            | 100 |
| 13.2      | quritilgan sabzavotlar                                             |            | 20  |
| 13.3      | sabzavot konservalari                                              |            | 50  |
| 13.4      | salatlar                                                           |            | 75  |
| <b>14</b> | <b>Bosh piyoz</b>                                                  | <b>100</b> |     |
| 14.1      | quritilgan piyoz                                                   |            | 10  |
| 14.2      | ko'k piyoz                                                         |            | 200 |
| 14.3      | yangi sarimsoq                                                     |            | 50  |
| <b>15</b> | <b>Yangi mevalar</b>                                               | <b>100</b> |     |
| 15.1      | quritilgan mevalar                                                 |            | 20  |
| 15.2      | meva sharbatlari                                                   |            | 100 |
| <b>16</b> | <b>Poliz ekinlari</b>                                              | <b>100</b> |     |
| 16.1      | quritilgan tarvuz                                                  |            | 20  |
| 16.2      | quritilgan qovun                                                   |            | 15  |
| 16.3      | qovoq                                                              |            | 100 |
| 16.4      | yangi mevalar                                                      |            | 30  |