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NORASMIY TARJIMA



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

**PROFESSIONAL SPORTCHILAR UCHUN TAVSIYA ETILGAN
O‘RTACHA KUNLIK OVQATLANISH ME‘YORLARI
(yengil atletika)**

**O‘zbekiston Respublikasining
0126-01- sonli SanQvaM**

Rasmiy nashr

Toshkent – 2002



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«TASDIQLAYMAN»

**O‘zbekiston Respublikasining
Davlat bosh sanitariya vrachi**

_____ **B. Niyazmatov**

25-yanvar 2002 yil

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Ishlab chiquvchi muassasa: 2-Toshkent Davlat tibbiyot instituti tomonidan Yengil atletika federatsiyasi bilan hamkorlikda olib borilgan ilmiy-tadqiqot ishlari natijalari asosida tuzilgan.

Tuzuvchilar:

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Ilmiy rahbarlar:

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Dimetov X.N. – Yengil atletika federatsiyasi prezidenti professor

1. TUSHUNTIRISH QISMI

1.1. Professional sportchilar uchun oziq-ovqat mahsulotlari iste'molini me'yorlash tamoyillari professional sportchilar.

O'zbekistonda professional sportning shakllanishi va rivojlanishi mustaqillik, Respublika hukumati va jamoat tashkilotlarining jismoniy tarbiya va sportni rivojlantirishga ko'rsatgan doimiy e'tibori bilan chambarchas bog'liqdir. Professional sportda yutuqlarga erishishning eng muhim shartlaridan biri, mashg'ulotlar va kun tartibini to'g'ri tashkil etish bilan bir qatorda, organizmning energiya sarfi va fiziologik ehtiyojlariga mos ovqatlanishdir. Chunki ovqatlanish insonning jismoniy va ruhiy holati hamda salomatligini belgilovchi eng muhim omillardan biri hisoblanadi. Ovqatlanish yuqori ish qobiliyatini saqlab qolish va organizmni atrof-muhitning salbiy ta'sirlaridan himoya qilishni ta'minlaydi. Shu bilan birga, sportchilar organizmidagi energiya sarfi va metabolik jarayonlar holatini o'rganish bo'yicha o'tkazilgan ilmiy tadqiqotlar, tadqiqotchilar va tibbiyot xodimlari tomonidan ushbu muammoga etarlicha e'tibor berilmaganligini ko'rsatmoqda. Shu sababli, olingan ilmiy tadqiqot natijalariga asoslanib, sportchilar organizmining energiya sarfi va haqiqiy ehtiyojlariga mos kelishini ta'minlash maqsadida ushbu me'yoriy hujjatlar ishlab chiqildi. Professional sport turlarining xilma-xilligi, zarur ilmiy asoslangan ko'rsatkichlarni aniqlashning murakkabligi va uzoq davom etishi tufayli professional sportchilar uchun ovqatlanish me'yorlarini ishlab chiqishni sport turlari bo'yicha bir necha bosqichda amalga oshirishga qaror qilindi. Shuning uchun ushbu me'yorda engil atletika bo'yicha professional sport bilan shug'ullanuvchi sportchilar uchun tavsiya etiladigan ovqatlanish me'yorlari keltirilgan.

Professional sportchilar uchun to'g'ri ovqatlanishni ta'minlashning asosi o'rtacha kunlik oziq-ovqat to'plamini to'g'ri shakllantirishdir. Yengil atletikachilar uchun mahsulotlar to'plami me'yorlarini shakllantirish uchun quyidagilardan foydalanilgan:

yengil atletikaning har bir turi bo'yicha sportchilarning jinsi, yoshi va professional darajasiga ko'ra haqiqiy energiya sarfi;

yengil atletikaning har bir alohida turida asosiy oziq-ovqat mahsulotlarining amaldagi iste'moli haqidagi ma'lumotlar;

oziq-ovqat mahsulotlarining kimyoviy tarkibi jadvallari asosida hisoblangan mahsulotlarning o'rtacha kimyoviy tarkibi, issiqlik bilan pazandachilik ishlovi berishda va ovqatni iste'mol qilish jarayonida oziq-ovqat moddalarining o'rtacha yo'qotilishi to'g'risidagi ma'lumotlar;

2001 yilda O'zbekiston aholisining turli jins, yosh va kasb guruhlari uchun tavsiya etilgan ratsional ovqatlanish me'yorlaridagi asosiy oziq-ovqat moddalari tarkibining solishtirma og'irligi va energetik qiymatining o'rtacha ko'rsatkichlari;

sportchilarning o'rtacha statistik antropometrik ma'lumotlari;

ayrim mahsulotlarni iste'mol qilishga oid shakllangan ko'nikmalar va milliy xususiyatlar;

Oziq-ovqat mahsulotlari to'plami me'yorlarini shakllantirishda to'plamning kimyoviy tarkibi va energetik qiymati oziq-ovqat moddalari va energiyaga bo'lgan ehtiyojlarga to'liq mos kelishini ko'rsatuvchi tibbiy-biologik talablar, shuningdek, ovqatlanish odatlari va milliy an'analar, mahsulotlarni ishlab chiqarish yoki etkazib berish imkoniyatlari bilan belgilanadigan ijtimoiy-iqtisodiy omillar ham hisobga olingan.

To'plam tarkibiga qo'yiladigan dastlabki talablardan biri hayvon oqsillariga bo'lgan ehtiyojni qondirish va uning organizm uchun kundalik ahamiyatini hisobga olgan holda, mahsulotlar to'plami me'yorlarini shakllantirish hayvon mahsulotlari: go'sht, sut, baliq va tuxumdan boshlab amalga oshirildi. Go'sht va sut mahsulotlari hayvon oqsilining asosiy miqdorini ta'minlaydi, shu bilan birga vitaminlar, oson hazm bo'ladigan temir va boshqa bioelementlarning eng muhim manbai hisoblanadi. Sut mahsulotlari orqali inson organizmi qimmatli oqsillar va kalsiyning asosiy miqdorini oladi. Ushbu mahsulotlarning etishmasligi nafaqat hayvon oqsilining optimal darajasini, balki mineral moddalar o'rtasidagi oqilona nisbatlarni ham ta'minlay olmaydi.

Keyinchalik mahsulotlar to'plami me'yorlarini hisoblash uchun uning tarkibidagi non mahsulotlari darajasini aniqlash muhim hisoblanadi. Ushbu mahsulotlar guruhi o'simlik oqsillarining asosiy ulushini (80% gacha) ta'minlaydi va kunlik ratsionida uglevodlarning eng muhim manbai (50% gacha) bo'lib xizmat qiladi.

Sportchilarning ovqatlanishida sabzavot va mevalar g'oyat muhim ahamiyatga ega. Ular oqsillar va yog'larga bo'lgan ehtiyojni qondirishga sezilarli hissa qo'shmasa-da, uglevodlarga bo'lgan ehtiyojning oz qismini qoplasa-da, moddalar almashinuvini tartibga soladi, ichki ekologiya va membrana oziqlanishini saqlashda ishtirok etadi, vitaminlar, mineral moddalar va oziq-ovqat tolalari manbai hisoblanadi.

Oxirgi navbatda, mahsulotlar to'plami me'yorlari ro'yxatiga o'simlik moylari guruhi kiritilgan bo'lib, ular umumiy yog'lar tarkibida o'simlik yog'lari miqdori kamida 30 foizni tashkil etishini ta'minlaydi.

Mahsulotlar to'plamining o'rtacha kunlik me'yorini shakllantirish shuni ko'rsatdiki, sportchilarning barcha o'rganilgan guruhlarida yuqori energiya sarfi va shunga mos ravishda professional sportchilar organizmining vitaminlar, biomikroelementlar, almashinmaydigan aminokislotalar va mediatorlarga bo'lgan yuqori ehtiyoji, hamda tabiiy oziq-ovqat mahsulotlarini tuzatish orqali ularning optimal darajasiga erishib bo'lmashligi, mahsulotlar to'plami me'yorlariga biologik faol qo'shimchalarni (BFQ) kiritish zarurligini ko'rsatdi. BFQlar kunlik ratsionning qimmatbaho tarkibiy qismi bo'lsa-da, ularning professional sportchilar salomatligini ta'minlashdagi ahamiyati beqiyosdir.

1-jadval

Yengil atletika bo'yicha professional sportchilar uchun tavsiya etiladigan o'rtacha kunlik ovqatlanish me'yorlari (balandlikka, uzunlikka sakrash, langarcho'p, nayza, uch hatlab sakrash, disk, bolg'a, yadro) g/kun.

T/r	Mahsulot nomi	XSUK va SUK		SUNva 1-2	razryad
		erkaklar	ayollar	erkaklar	ayollar
1.	Dukkaklilar	35,0	35,0	25,0	22,0
2.	Bug'doy uni	50,0	40,0	45,0	35,0
3.	Boshqa turli un	30,0	25,0	28,0	20,0
4.	Guruch	100,0	90,0	90,0	80,0
5.	Boshqa yormalar (guruchdan tashqari)	50,0	45,0	40,0	35,0
6.	Bug'doy noni	280,0	250,0	265,0	240,0
7.	Javdar noni	250,0	235,0	240,0	220,0
8.	Boshqa don turlaridan tayyorlangan non	70,0	65,0	60,0	50,0
9.	Makaron mahsulotlari	80,0	65,0	70,0	50,0
10.	Kartoshka	550,0	480,0	500,0	470,0
11.	Karam	250,0	225,0	235,0	220,0
12.	Bodring va pomidor	250,0	225,0	235,0	220,0
13.	Lavlagi va sabzi	250,0	225,0	235,0	220,0
14.	Boshqa sabzavotlar	200,0	200,0	180,0	180,0
15.	Poliz ekinlari	250,0	220,0	240,0	220,0
16.	Qovoq	100,0	100,0	100,0	100,0
17.	Yangi meva va rezavorlar	400,0	350,0	375,0	325,0
18.	Qurilgan meva va rezavorlar	100,0	85,0	80,0	75,0
19.	Yangi uzum	100,0	85,0	80,0	75,0
20.	Sitrus mevalari	50,0	45,0	40,0	40,0
21.	Go'sht - mol go'shti	100,0	95,0	90,0	85,0
22.	Go'sht - qo'y go'shti	55,0	45,0	40,0	35,0
23.	Parranda go'shti	100,0	90,0	85,0	80,0
24.	Subproduktlar	50,0	40,0	45,0	30,0
25.	Kolbasa mahsulotlari	50,0	40,0	35,0	30,0
26.	Yangi baliq	100,0	80,0	85,0	70,0
27.	Baliq konservalari	50,0	40,0	40,0	30,0
28.	To'liq yog'li sut	550,0	500,0	500,0	500,0
29.	Smetana, qaymoq	60,0	50,0	50,0	40,0
30.	Hayvon yog'i	75,0	70,0	70,0	60,0
31.	Tvorog	100,0	85,0	90,0	80,0
32.	Pishloq, brinza	50,0	50,0	45,0	40,0
33.	Tuxum, dona	2,0	1,5	1,5	1,25
34.	Shakar	85,0	80,0	85,0	75,0
35.	Margarin	30,0	25,0	25,0	20,0
36.	O'simlik yog'i	40,0	35,0	40,0	35,0
37.	Ziravorlar, ko'katlar	50,0	45,0	45,0	35,0
38.	Xamirturush	3,0	3,0	3,0	3,0
39.	Yodlangan tuz	15,0	15,0	15,0	15,0
40.	Qahva, kakao	4,0	3,0	3,0	2,5
41.	Choy	3,0	3,0	3,0	3,0
42.	Tabiiy sharbatlar	200,0	200,0	200,0	200,0
43.	Biologik faol qo'shimchalar	25,0	25,0	25,0	25,0
	Kaloriyalilik, kkal	7000	6700	5800-6750	5600-6500

Izoh: XSKM - xalqaro sport ustasi;

SU - sport ustasi;

KMS - sport ustasi nomzodi.

Engil atletika bo'yicha professional sportchilar uchun tavsiya etiladigan o'rtacha kunlik ovqatlanish me'yorlari (100-200 m, 110 m to'siqlar bilan yugurish, 400 m, 800 m, 1500 m, ettiborish (ayollar), o'nkurash (erkaklar) kuniga gramm hisobida

T/r	Mahsulotlar nomi	XSMU va SU		SUN va 1-2	
		erkaklar	ayollar	erkaklar	ayollar
1.	Dukkaklilar	50,0	40,0	35,0	35,0
2.	Bug'doy uni	50,0	40,0	35,0	35,0
3.	Boshqa turdagi un	30,0	25,0	25,0	25,0
4.	Guruch	100,0	100,0	100,0	90,0
5.	Boshqa yormalar (guruchsiz)	50,0	45,0	40,0	40,0
6.	Bug'doy noni	280,0	250,0	250,0	240,0
7.	Javdar noni	250,0	235,0	235,0	220,0
8.	Boshqa don turlaridan tayyorlangan non	70,0	65,0	60,0	50,0
9.	Makaron mahsulotlari	80,0	80,0	75,0	70,0
10.	Kartoshka	550,0	500,0	500,0	500,0
11.	Karam	250,0	240,0	235,0	225,0
12.	Bodring va pomidor	250,0	230,0	230,0	220,0
13.	Lavlagi va sabzi	250,0	230,0	230,0	225,0
14.	Boshqa sabzavotlar	200,0	200,0	180,0	180,0
15.	Poliz ekinlari	250,0	250,0	240,0	240,0
16.	Qovoq	100,0	100,0	100,0	100,0
17.	Yangi meva va rezavorlar	400,0	350,0	350,0	350,0
18.	Quritilgan meva va rezavorlar	100,0	85,0	80,0	75,0
19.	Yangi uzum	100,0	85,0	80,0	85,0
20.	Sitrus mevalari	50,0	50,0	50,0	50,0
21.	Go'sht - mol go'shti	100,0	100,0	90,0	85,0
22.	Go'sht - qo'y go'shti	75,0	60,0	50,0	50,0
23.	Parranda go'shti	100,0	100,0	85,0	80,0
24.	Subproduklar	50,0	45,0	45,0	40,0
25.	Kolbasa mahsulotlari	60,0	50,0	50,0	50,0
26.	Yangi baliq	125,0	100,0	100,0	100,0
27.	Baliq konservalari	50,0	50,0	50,0	50,0
28.	To'liq yog'li sut	550,0	500,0	500,0	500,0
29.	Qaymoq, slivka	60,0	60,0	55,0	50,0
30.	Hayvon yog'i	75,0	70,0	70,0	60,0
31.	Tvorog	150,0	150,0	125,0	100,0
32.	Pishloq, brinza	50,0	50,0	45,0	40,0
33.	Tuxum, dona	2,0	2,0	1,5	1,5
34.	Shakar	85,0	85,0	85,0	80,0
35.	Margarin	30,0	30,0	25,0	25,0
36.	O'simlik yog'i	55,0	50,0	40,0	40,0
37.	Ziravorlar, ko'katlar	50,0	50,0	50,0	50,0
38.	Achitqi	3,0	3,0	3,0	3,0
39.	Yodlangan tuz	15,0	15,0	15,0	15,0
40.	Qahva, kakao	4,0	3,0	3,0	3,0
41.	Choy	3,0	3,0	3,0	3,0
42.	Tabiiy sharbatlar	200,0	200,0	200,0	200,0
43.	Biologik faol qo'shimchalar	25,0	25,0	25,0	25,0
	Kaloriyalik, Kkal	7500	7200	6900	6700

Professional sport engil atletikachilari uchun tavsiya etilgan o‘rtacha kunlik ovqatlanish me‘yorlari (2000 m, 3000 m, 3000 m to‘siqlar bilan yugurish, marafon, 5 km sportcha yurish, yarim marafon) g/kun

T/r	Mahsulot nomi	XSMK va XS		SNU va 1-2	
		erkaklar	ayollar	erkaklar	ayollar
1.	Dukkaklilar	50,0	50,0	50,0	40,0
2.	Bug‘doy uni	50,0	50,0	45,0	40,0
3.	Boshqa un turlari	30,0	25,0	25,0	25,0
4.	Guruch	100,0	100,0	100,0	100,0
5.	Boshqa yormalar (guruchsiz)	50,0	45,0	45,0	45,0
6.	Bug‘doy noni	280,0	250,0	275,0	250,0
7.	Javdar noni	250,0	240,0	250,0	235,0
8.	Boshqa don turlaridan tayyorlangan non	70,0	65,0	65,0	65,0
9.	Makaron mahsulotlari	100,0	90,0	80,0	80,0
10.	Kartoshka	550,0	550,0	550,0	500,0
11.	Karam	300,0	275,0	250,0	240,0
12.	Bodring va pomidor	250,0	240,0	240,0	230,0
13.	Lavlagi va sabzi	300,0	300,0	250,0	230,0
14.	Boshqa sabzavotlar	250,0	250,0	180,0	200,0
15.	Poliz ekinlari	250,0	250,0	250,0	250,0
16.	Qovoq	150,0	130,0	100,0	100,0
17.	Yangi meva va rezavorlar	400,0	400,0	350,0	350,0
18.	Quritilgan meva va rezavorlar	100,0	100,0	100,0	85,0
19.	Yangi uzum	100,0	100,0	100,0	85,0
20.	Sitrus mevalar	100,0	100,0	50,0	50,0
21.	Mol go‘shiti	100,0	100,0	100,0	100,0
22.	Qo‘y go‘shiti	75,0	75,0	75,0	60,0
23.	Parranda go‘shiti	150,0	125,0	100,0	100,0
24.	Ichki a‘zolar	50,0	50,0	45,0	45,0
25.	Kolbasa mahsulotlari	60,0	60,0	50,0	50,0
26.	Yangi baliq	150,0	140,0	100,0	100,0
27.	Baliq konservalari	75,0	60,0	50,0	50,0
28.	To‘liq yog‘li sut	550,0	500,0	500,0	500,0
29.	Qaymoq, slivka	80,0	70,0	60,0	60,0
30.	Hayvon yog‘i	75,0	75,0	75,0	70,0
31.	Tvorog	150,0	150,0	150,0	150,0
32.	Pishloq, brinza	75,0	60,0	50,0	50,0
33.	Tuxum, dona	2,0	2,0	2,0	2,0
34.	Shakar	85,0	85,0	85,0	85,0
35.	Margarin	40,0	35,0	30,0	30,0
36.	O‘simlik yog‘i	60,0	55,0	50,0	50,0
37.	Ziravorlar, ko‘katlar	50,0	50,0	50,0	50,0
38.	Xamirturush	3,0	3,0	3,0	3,0
39.	Yodlangan tuz	15,0	15,0	15,0	15,0
40.	Qahva, kakao	4,0	4,0	3,0	3,0
41.	Choy	4,0	4,0	4,0	3,0
42.	Tabiiy sharbatlar	250,0	200,0	200,0	200,0
43.	Biologik faol qo‘shimchalar	25,0	25,0	25,0	25,0
	Kaloriyasi, kkal	7800	7700	7400	7200

**Yengil atletikachilar sport faoliyatining jismoniy faollik koeffitsientlari
(JFK) bo'yicha ma'lumotnoma**

№	Sport faoliyati turlari	Erkaklar	Ayollar
1.	3000 m, 5000 m ga yugurish, marafon	12,8	12,4
2.	2000 m to'siqlar bilan, 3000 m to'siqlar bilan yugurish	12,4	12,2
3.	Sportcha yurish 5 km, yarim marafon	12,4	12,2
4.	800 m, 1500 m ga 320 m/daq tezlikda yugurish	11,9	11,4
5.	Etti kurash, o'n kurash	11,9	11,4
6.	800 m ga 180 m/daq tezlikda yugurish	8,8	8,6
7.	400 m ga yugurish, 400 m to'siqlar bilan yugurish	8,6	8,2
8.	100-200 m, 110 m to'siqlar bilan yugurish	8,4	8,2
9.	Disk, bolg'a, yadro, nayza uloqtirish	8,3	8,1
10.	Balandlikka, uzunlikka, uch hatlab sakrash	8,2	8,0

YENGIL ATLETIKACHILARNING O'RTACHA KUNLIK ENERGIYA SARFI

T/r	Yengil atletika turi	Toifa	Yosh	Jins	O'rtacha kunlik energiya sarfi, kkal
1.	Balandlikka, uzunlikka sakrash, langarcho'p, uch hatlab sakrash <i>o</i>	XSUN	25-35	erkak	7000,0
			25-35	ayol	6650,0
		SU	18-24	erkak	6800,0
			18-24	ayol	6420,0
		SUN	18-24	erkak	6700,0
			18-24	ayol	6400,0
			11-17	erkak	6300,0
			11-17	ayol	5800,0
		1-2-razryad	11-17	erkak	5700,0
				ayol	5600,0
2.	Disk, bolg'a, yadro, nayza uloqtirish 	XSUN	25-35	erkak	7000,0
			25-35	ayol	6700,0
		SU	18-24	erkak	6900,0
			18-24	ayol	6650,0
		SUN	18-24	erkak	6750,0
			18-24	ayol	6500,0
			11-17	erkak	6500,0
			11-17	ayol	5800,0
		1-2-razryad	11-17	erkak	5800,0
				ayol	5600,0
3.	100-200 m yugurish, 110 m g'ovlar osha yugurish	XSMK	25-35	erkak	7100,0
			25-35	ayol	6700,0
		XS	18-24	erkak	6850,0
			18-24	ayol	6650,0
		SUN	18-24	erkak	6700,0
			18-24	ayol	6100,0
			11-17	erkak	6500,0
			11-17	ayol	5800,0
		1-2-razryad	11-17	erkak	5400,0
				ayol	5100,0

4.	400 m yugurish, 400 m g'ovlar osha yugurish	XSMK XS SUN 1-2-razryad	25-35	erka	7400,0
			25-35	k	7100,0
			18-24	ayol	6950,0
			18-24	erka	6700,0
			18-24	k	6800,0
			18-24	ayol	6400,0
			11-17	erka	6600,0
			11-17	k	6000,0
5.	800 m, 1500 m yugurish, ettikurash (ayollar), o'ntukurash (erkaklar)	XSMK XS SUN 1-2-razryad	25-35	erka	7600,0
			25-35	k	7300,0
			18-24	ayol	7200,0
			18-24	erka	6800,0
			18-24	k	6900,0
			18-24	ayol	6750,0
			11-17	erka	6700,0
			11-17	k	6400,0
6.	3000 m, 5000 m yugurish, yarim marafon	XSMK XS SUN 1-2-razryad	25-35	erka	7800,0
			25-35	k	7600,0
			18-24	ayol	7400,0
			18-24	erka	7100,0
			18-24	k	7200,0
			18-24	ayol	7000,0
			11-17	erka	6800,0
			11-17	k	6400,0
7.	2000 m g'ovlar osha yugurish, 3000 m g'ovlar osha yugurish, 5 km sportcha yurish, marafon	XSMK XS SUN 1-2-razryad	25-35	erka	7850,0
			25-35	k	7700,0
			18-24	ayol	7700,0
			18-24	erka	7500,0
			18-24	k	7400,0
			18-24	ayol	7200,0
			11-17	erka	7000,0
			11-17	k	6700,0
			11-17	ayol	6400,0