

Benefits of Peas for Human Health and their Role in the Diet

Turkistonova Maftuna Tursunaliyevna

Teacher of the Department of Botany and Biotechnology

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ABSTRACT

This article discusses the beneficial properties of peas for human health and their role in the diet. Peas are a very common plant in nature, and in terms of composition, there are enough nutrients for the human body. Peas contain many important vitamins and minerals. Eating peas is useful and necessary for the human body. Information about this is covered in this article.

PQ-4821 dated 09.09.2020. In accordance with the law "On measures to rapidly develop the food industry of the Republic and provide the population with high-quality food products", in order to provide the population with high-quality food products, O' Average daily rational nutrition standards aimed at ensuring healthy nutrition for the age, gender and occupational groups of the population of the Republic of Uzbekistan were approved.

The pea is one of the oldest legumes, with fossils dating back 7500 years found in the Middle East. Peas have been found in Neolithic pottery in some regions of Turkey.

Since ancient times, people have associated peas with Venus because they were believed to help increase sperm and milk production, induce menstruation, and even cure kidney stones. The pea plant is considered one of the most popular plants among the ancient Greeks, Egyptians and Romans. Exploring scientists spread the pea around the world as it traveled across the oceans. Interestingly, roasted peas were even used as a substitute for coffee in Europe in 1793. During the First World War, peas were planted in some parts of Germany for this purpose. In some parts of the world, they are still grown in place of coffee.

Eating regimen. Eating regimen means determining the number and time of daily meals and food ration. It is advisable to eat 4 times a day, because in this way the digestive system works at the same rate. Middle-aged people engaged in mental and physical work eat 25-30% of their daily food ration at breakfast, 35-40% at lunch, 15% at lunch and 20-25% at dinner.

Today, the pea plant is very important in human life and agriculture, and it is considered one of the most useful plants in terms of composition, and the demand for the pea plant is increasing day by day. Pea plant contains many important vitamins and minerals useful for the human body.

According to the composition of the high-quality pea plant, it is considered a mine of protein and fiber. Peas improve the digestion process and ensure that the stomach is full for a long time.

Weight gain is not observed due to the prevention of overeating. Pea plant contains vitamins A, C and E, and this product has a positive effect on the skin structure and the immune system. Known as natural antioxidants, these vitamins protect body cells from harmful substances. Prevents inflammation and slows down the aging process. Vitamins A and E are fat soluble, which means they need fat to be absorbed. Due to the lack of useful fats in peas, vitamins are easily absorbed.

Just one cup of boiled peas contains 80 percent of the daily value of manganese, which provides energy, protects cells, and strengthens immunity. One cup of boiled chickpeas provides iron and magnesium, which are important for blood circulation, normal blood pressure, normal muscle and nervous system. In addition, peas also contain zinc, which protects the immune system. It does not cause allergies due to the absence of gluten. According to experts from the Harvard School of Public Health, eating peas can prevent type 2 diabetes and cardiovascular disease.

After freezing, peas should be washed several times so that the stomach does not rest. Water absorbs substances in peas that cause discomfort in the intestines. This product can be eaten as a main dish with olive oil and spices, or added to vegetable soup, meat dishes and salads. Also, peas are the main product for hummus. For this, it is necessary to add olive oil, sesame paste and spices and grind it. This is a useful food that provides the body with necessary substances.

Another useful feature of this product is skin protection. Pea plant is widespread in many hot and sunny climate regions, and its consumption is considered necessary for people. This is because they are considered natural sunscreens, and there are fashions that are high in manganese and similar micromolecules. Cooked chickpeas contain 85% of the daily value of the mineral, which acts as an antioxidant in skin cells. In addition, they protect against the damage of ultraviolet radiation, which causes the reduction of various rashes on the skin.

As an immunity booster, it is recommended to consume vitamin C in folk medicine to prevent colds in the body. Researchers in their scientific work are more skeptical about the effectiveness of the fight against colds. Later, they almost unanimously approve of these ideas. Chickpeas contain up to 23% of daily zinc as well as 64% of daily copper. This aspect of chickpeas helps to slow down digestion and keep you from feeling weak for a long time, which leads to eating less and helps you to follow a healthy lifestyle. According to the researchers, people who eat peas may be more likely to determine their overall nutrient levels than people who don't eat peas.

The vitamins and minerals in chickpeas can help prevent and control type 2 diabetes. Peas have many benefits for human health. Peas contain a starch called amylose, which takes longer for your body to digest than other starches. It helps prevent blood sugar and insulin spikes, and helps control blood sugar in people with diabetes.

Chickpeas contain potassium, vitamins C and B6, all of which support heart health. Fiber helps reduce total cholesterol in the blood, reducing the risk of heart disease. It also prevents the formation of blockages in the arteries and improves human health as a result. This, in turn, has a beneficial effect on the heart.

Research has shown that soluble substances in peas help prevent cardiovascular diseases, which is due to the presence of potassium in chickpeas, which reduces the risk of heart attacks. Folate in chickpeas also contributes to heart health. In addition, this product helps prevent cancer. Although selenium is not found in most fruits and vegetables, we can find it in peas. This mineral supports the proper functioning of the liver, which helps to neutralize certain cancer-causing compounds in the body. Selenium also suppresses inflammation and prevents tumor growth.

In conclusion, daily consumption of peas protects our body from various viral diseases and colds. It provides us with necessary micro- and macroelements, vitamins, and as a result,

stability of our health is ensured. That is why it is absolutely necessary to include peas in the diet.

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