



A PLACE IN THE NUTRITION OF THE POPULATION OF UZBEKISTAN FROM NATIONAL CONFECTIONERY, "NAVAT"

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Article history:	Abstract:
Received: March 6 th 2022 Accepted: April 6 th 2022 Published: May 17 th 2022	A special place in the nutrition of the population of Uzbekistan from national confectionery products is occupied by "Navat (nabat, navvat)". Navat is a traditional sweet, common in the countries of Central Asia (Uzbekistan) and Iran. It is a crystallized sugar syrup. It has many names characteristic of different regions - navat, kinva-sugar, nabat and navot, or simply Uzbek sugar.

Keywords: Uzbek sugar, Navat, crystallized, monosaccharides

INTRODUCTION:

Navatis made from grape juice with sugar syrup and sometimes with spices. As a result of boiling, sugar crystallizes on threads or sticks. In scientific terms, this product is recrystallized sucrose formed from saturated syrup. The shade of navat may vary: from white to rich brown. Such a variety of shades is achieved due to different cooking times or the addition of saffron, honey. In Uzbekistan and Iran, local residents rarely engage in independent digestion and production of navat. But in almost every village there is a master who passes on his art from generation to generation and sells products in the local market.

PURPOSE OF THE STUDY:

Development of a system for regular monitoring and analysis of risk factors and assessment criteria at checkpoints using chemical, microbiological, sanitary-hygienic and radiological methods in the production and sale of high-quality navvat and nutritious confectionery.

OBJECT AND METHODS OF RESEARCH:

The object of research is the production and processing of navvat confectionery products, on which hygienic and bacteriological methods are applied in laboratory tests of sugar and other products that are raw materials for navvat confectionery products.

RESEARCH RESULTS:

1 kg of white sugar and 400 ml of freshly squeezed grape juice are mixed in a cauldron. The

mass is boiled until a sugar syrup with a moisture content of 16–18% is obtained (by weight, this is almost half the original). Strain through a sieve with small cells. Pour the syrup into a special container with stretched threads. Here, while maintaining a constant temperature, a crystallization process will occur, which will take at least 3 days. The crystals are removed and dried in the open air. The threads are cut. According to traditional technology, only two auxiliary ingredients are added to navat:

Saffron - gives the crystals a rich golden color and spice, with a slight bitter taste. Natural honey. Rarely used. Gives an enveloping softness in taste, slightly tints. The calorie content of navat is 390 kcal per 100 g of product. For comparison, the energy content of other types of sugar:

Type of sugar	Kcal per 100 g
White or beetroot	360
Reed	380
Maple	260
Fruit (fructose)	399
Kandis (English candy sugar similar to alarm)	394

Although the Uzbek sweet is sugar, it is healthier than the usual white or cane sweet for Russians.

REFERENCE.

Navat consists of monosaccharides - fructose (40%) and glucose (60%), while white beet sugar - from the only disaccharide sucrose. Natural fructose is an indispensable natural source of energy that does not require the participation of insulin for absorption.



And glucose is necessary for the normal functioning of the brain and cell regeneration. It is useful in the following conditions and diseases:

Chronic fatigue and hypoglycemia (lack of glucose). Due to the high content of easily digestible carbohydrates in Uzbek sugar, the body is quickly saturated with energy.

Anemia. Grape juice in the composition of sweets increases the level of hemoglobin in the blood.

Angina. Resorption of pieces of nabat gives softening and mild anti-inflammatory effects, relieves sore throat.

Bronchitis. In this case, sugar with the addition of saffron or bee honey exhibits maximum healing properties. Reduces inflammation and eliminates cough. Navat is useful for children prone to skin rashes. Since the product consists of monosaccharides, it rarely reacts. In addition, it does not contain dyes and preservatives.

The indigenous people of Uzbekistan are sure that the alarm is one of the sources of their traditional longevity. In addition, local residents claim that the regular use of this sweet helps: eliminate digestive problems; treatment of inflammatory processes in the body (especially "female" problems); improving lactation and increasing the amount of milk in the mother. Uzbek sugar is valuable for diabetics.

After all, almost half consists of fructose, which does not require insulin for absorption. Nabat in moderation can easily replace industrial sweets from the diabetic departments of stores. At the same time, there are no scientific studies devoted to improving the formulation of navat or safe conditions for production and sale. In conclusion, we can say that the implementation of scientific research is aimed at improving the quality of production and increasing the nutritional value of sweets, improving production and distribution in safe conditions. Establish a wide range of industrial sweets sold in grocery stores using the average navat amount.

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