

**THE INFLUENCE OF IMPROPER NUTRITION ON THE DEVELOPMENT OF MYOPIA**

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**Abstract.** This scientific to patients with epilepsy carbohydrates included food consumption to do and standards dedicated . In the article wrong eating mi o pi ie development factor as seeing will be released . Mi o pi ya with number of sick patients screening method with the help of analysis done. The author of fast food to the body the effect learned Received to the information based on balanced diet my opium in development play a big role was determined .

Myopia in the world the most wide widespread eye from diseases one and mainly seen among children and adolescents ability of loss the most wide widespread reason as remains . Young generation between mi o pi ya development danger factors in detail to study their illogical amount of carbohydrates per meal high was food consumption to do oh my god to give possibility gave . From this besides , many of researchers in my opinion according to me , I am not childhood and adolescence during develops , then oh my development frequency and speed noticeable to the extent decreases .

List of the best foods to improve vision in myopia: Carrots contain beta-carotene (which is converted into vitamin A in the body), vitamins B, E, PP, K and C; minerals potassium, phosphorus, iron, copper, zinc, chromium, nickel and fluorine. Fatty fish or fish oil contains vitamins A, D, E and omega-3 acids. Walnuts, almonds, pistachios contain vitamins E; Unsaturated fatty acids contain sodium, potassium, iron, magnesium, zinc, cobalt, phosphorus, calcium; Currants contain vitamins B, C, E, D and potassium. Spinach contains iron, calcium, magnesium, vitamins A, C and E, and fresh leaves are a rich source of antioxidants. Dark chocolate contains vitamins A, E, K, B1, B2, B3 (PP), B5, B6, B12, beta-carotene, alpha-carotene, as well as macro and microelements. Pumpkin contains beta-carotene, vitamins C, E, B1, B2, PP, K, T, minerals: potassium, calcium, magnesium, iron, zinc, fluorine, copper, manganese, phosphorus and sodium. Avocado , B1, B2, B5, B6, B9, C, K, PP, beta-carotene, choline, potassium, calcium , magnesium, sodium, phosphorus, iron . Bulgarian pepper contains vitamins C, B1, B2, B9 , potassium, calcium , magnesium, sodium, phosphorus and fluorine . Melon Contains vitamins A, C and P , folate acid , fats , iron , potassium and sodium salts There is an egg . contains vitamins A, B2, B5, B12, D , H, PP , phosphorus, iron , cobalt , selenium .

**Purpose :** Children and teenagers carbohydrate content high was the meals consumption to do my opium to the development the effect evaluation

**Tasks :** 1. Analysis of questionnaire data in children and adolescents.

2. Study of scientific literature on the topic of this research.

3. Analysis of the relationship between poor nutrition and the development of myopia.

**Methods and Materials** A screening study was conducted among children and adolescents (n=100) 9-21 years old, divided into two groups with mild and moderate myopia.

**Results and Discussion** . The results showed that 33.3% of respondents had mild to moderate myopia. A survey was conducted among these children and adolescents to determine the frequency and amount of consumption of "young generation" products, including chocolate bars, fast food, and carbonated drinks with a high carbohydrate content. The group of children and adolescents with mild myopia (up to 3 Dptd) was 35. Interestingly, in this group, malnutrition was detected in 68.5% of cases. The group of children and adolescents with moderate myopia (3.25-6 Dptd) consisted of 11 people, and the share of consumption of food products with a high carbohydrate content was also high - 72.8%.

**Conclusion** After analyzing the relationship between malnutrition and the development of myopia, we came to the conclusion that an unbalanced diet plays a major role in the development of myopia. An increase in blood glucose leads to the formation of chemical compounds that initiate an inflammatory reaction, resulting in a violation of the blood-ocular barrier, which can lead to deformation of the cornea.

#### Literature

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