

PROBLEM STATEMENT

TOPIC : NUTRITION ASSISTANT APPLICATION

STATEMENT:

Heartburn can occur for many reasons, including overeating, eating certain foods, taking medicines or as a result of surgery. Changes in how food tastes ,How food tastes often determines what you like to eat. If food begins to taste different — if it becomes too sweet, too bland, bitter or metallic-tasting — your appetite can be affected. Medicines often cause these taste changes.

SOLUTION 1:

Avoid foods that have caused heartburn before. Some foods commonly associated with heartburn are highly seasoned foods, greasy or fried foods, chocolate, alcohol and beverages that contain caffeine (coffee, tea and soft drinks).

Eat five or six smaller meals a day instead of three large meals. Decreasing the amount of food in your stomach eases digestion and reduces the chances of heartburn. Remain standing or sitting for at least two hours after eating. If you lie down, keep your upper body raised at a 45-degree angle.

Eat your last meal several hours before going to bed. Take an antacid one hour after meals to relieve heartburn. You can also try taking antacids before going to bed. If you take antacids frequently, tell your doctor or dietitian.

How food tastes often determines what you like to eat. If food begins to taste different — if it becomes too sweet, too bland, bitter or metallic-tasting — your appetite can be affected. Medicines often cause these taste changes.

SOLUTION 2:

Brush your teeth after meals and snacks. Good oral hygiene helps control bad taste. Ask your doctor or dietitian if using a mouthwash would help. Cold or room-temperature food might taste better.

Eat alternatives to red meat. Try turkey, chicken, fish, eggs or dairy products such as yogurt, cheese or cottage cheese. Use marinades to add flavor to poultry, red meat or fish. Fruit juice, teriyaki sauce, Italian dressing, beer or wine will also add flavor. almonds to Add spices, such as herbs, onions, bacon bits or flavor plain foods.