

D.Pharm, First Sem

Social Pharmacy

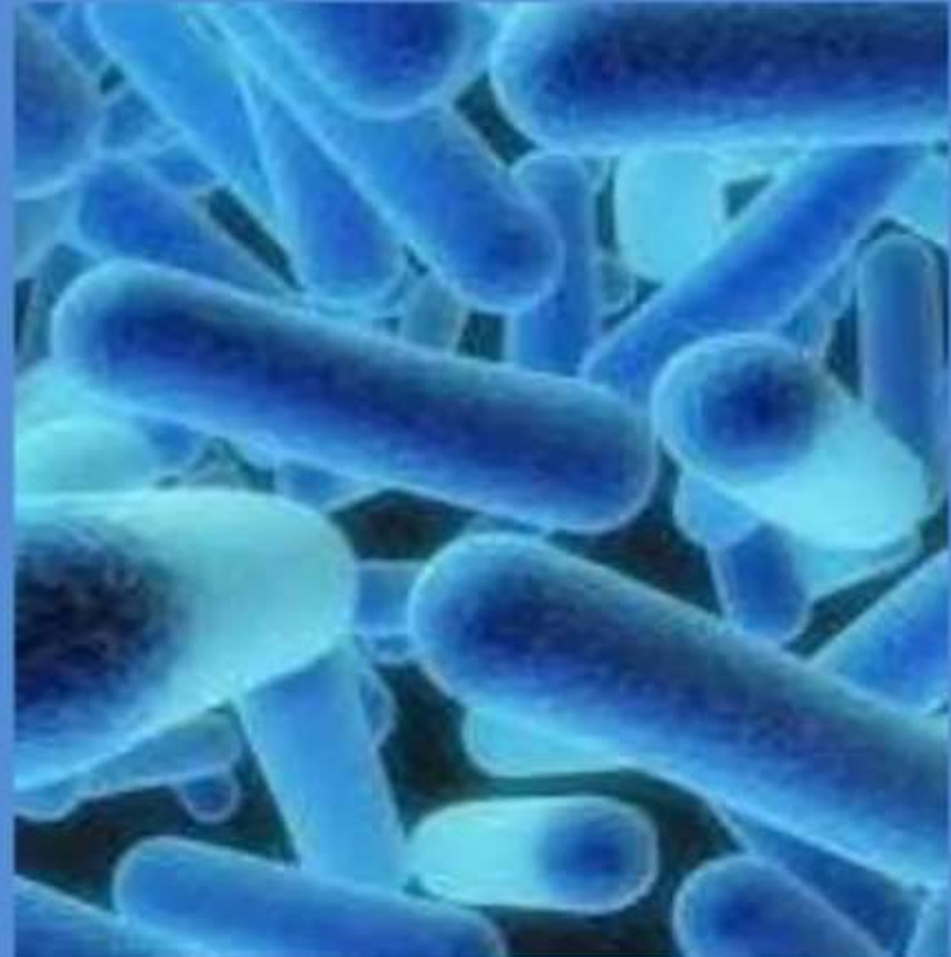
Nutrition and health

Nutrition deficiency diseases

Effects of junk foods

DEFINITION:

Diseases that are caused by the lack of some particular nutrient in a person's diet are called deficiency diseases.



INTRODUCTION:

Deficiency diseases are diseases in humans that are directly or indirectly caused by a lack of essential nutrients in the diet. Deficiency diseases are commonly associated with chronic malnutrition. Additionally, conditions such as obesity from overeating can also cause, or contribute to, serious health problems. Excessive intake of some nutrients can cause acute poisoning.

“Diseases” originally referred to what it says: dis-ease. A person who did not feel at ease or was uncomfortable and not well was said to be at a dis-ease. Nowadays of course when you talk about disease, we mean a particular discomfort caused by a dysfunction of some part of the body.

TYPES OF DEFICIENCY DESEASES:

Different types of deficiency diseases are:

1. Anemia
2. Scurvy
3. Asthma
4. Diabetes
5. Obesity
6. Rickets
7. Kwashiorkor



DEFICIENCY DUE TO CARBOHYDRATES

- CARBOHYDRATES ARE THE **CHIEF SOURCE OF ENERGY** FOR THE BODY.
- THE ENERGY PRODUCED BY CARBOHYDRATES ARE USED BY OUR BODY TO PERFORM VARIOUS TASKS.
- DEFICIENCY OF SUFFICIENT CARBOHYDRATES LEADS TO:
 1. **BODY WEAKNESS**
 2. **LOSS OF STAMINA**



DEFICIENCY DUE TO PROTEINS

PROTEINS ARE BODY-BUILDING FOOD. THEY CAN CAUSE SERIOUS DISEASE, LIKE **KWASHIORKOR** AND **MARASMIC** TO SMALL CHILDREN, IF SUFFICIENT PROTEINS ARE NOT GIVEN TO THEM. THIS IS THE REASON WHY SMALL CHILDREN ARE ADVISED TO TAKE PROTEIN-RICH DIET.

FOR EXAMPLE – MILK
PULSES
EGG
MEAT
FISH.



SYMPTOMS OF KWASHIORKOR

- ❖ PRODUCING BELLY
- ❖ BROWNISH HAIR
- ❖ DARK AND SCALY SKIN
- ❖ STUNTED GROWTH
- ❖ UNDER WEIGHT
- ❖ SWOLLEN LEGS
- ❖ LOSS OF APPETITE
- ❖ ANAEMIA
- ❖ MENTAL RETARDATION
- ❖ REDUCEED RESITANCE



SYMPTOMS OF MARASMUSA

- ❖ POOR MUSCLE DEVELOPMENT
- ❖ BONE SHOWING
- ❖ NO FAT
- ❖ WEAK LEGS
- ❖ ANAEMIA
- ❖ LOSS OF APPETITE
- ❖ GROSSLY UNDERWEIGHT
- ❖ MENTAL RETARDATION
- ❖ REDUCED RESISTANCE TO DISEASES



DEFICIENCY DUE TO VITAMIN

VITAMINS ARE REQUIRED BY OUR BODY IN VERY SMALL QUANTITIES FOR PROPER FUNCTIONING OF OUR BODY.

VITAMINS HELP IN KEEPING OUR

- EYES
- BONES
- TEETH AND GUMS HEALTHY



TABLE OF DEFICIENCY DUE TO VITAMIN

VITAMINS	DISEASES	SYMPTOMS
VITAMIN A	NIGHT BLINDNESS	POOR NIGHT VISION,LOSS OF NIGHT VISION
VITAMIN B	BERI-BERI	NERVOUSNESS,PARALYSIS,WEAK MUSCLES
VITAMIN C	SCURVY	BLEEDING OF GUMS ,SWELLING OF JOINTS
VITAMIN D	RICKETS	WEAK BONES,DECAYING TEETH
VITAMIN K	HAEMORRHAGE	CLOTTING OF BLOOD AFFECTED

DEFICIENCY DUE TO MINERALS

MINERALS ARE ALSO REQUIRED IN SMALL QUANTITIES BUT ARE EQUALLY IMPORTANT FOR PROPER FUNCTIONING OF OUR BODY PARTS.



TABLE OF DEFICIENCY DUE TO MINERALS

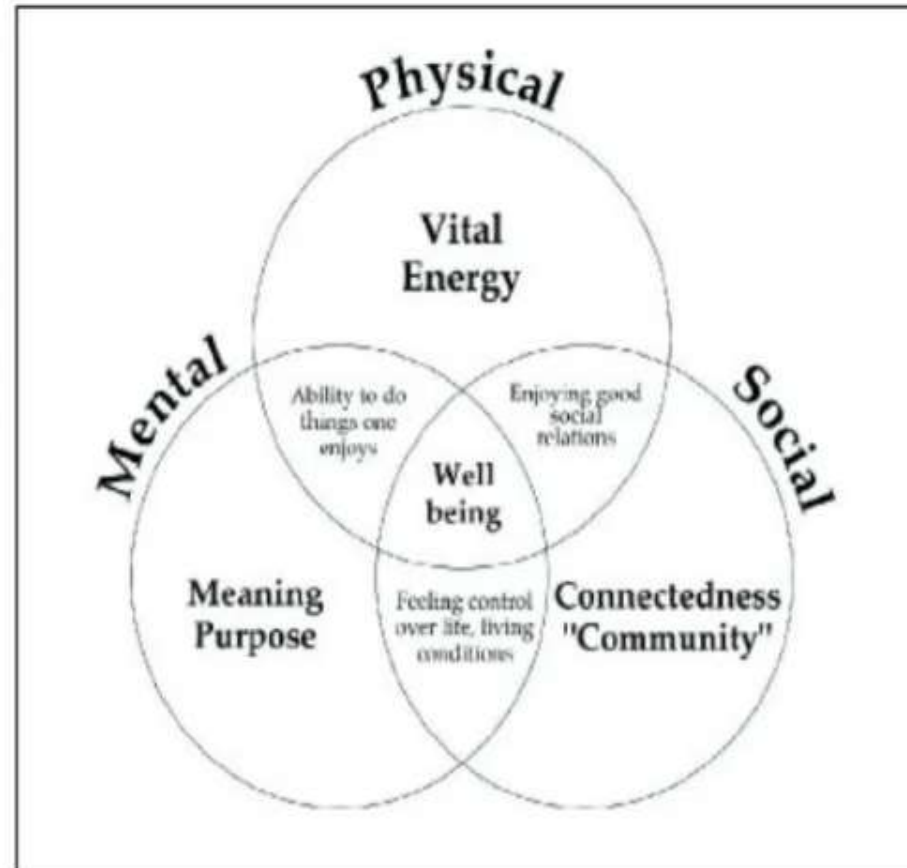
MINERALS	SYMPTOMS
CALCIUM	BRITTLE BONES ,EXCESSIVE BLEEDING,STUNNED GROWTH.
PHOSPHORUS	BAD BONES AND TEETH,BODY WEEKNESS
SODIUM	DEHYDRATION,EXTREME BODY WEEKNESS
POTASSIUM	MUSCLE WEEKNESS,PARALYSIS
IRON	ANAEMIA
IODINE	GOITER
FLUORINE	DENTAL DECAY

Ill effects of junk foods

WHAT IS HEALTH?

- As per WHO, health is defined as complete physical, mental, social & emotional well being and not merely absence of disease.

Figure 1. Dimensions of Health and Wellbeing



WHAT SHOULD BE DONE TO REMAIN HEALTHY?



To remain healthy following things are important.

- Regular Exercise
- Positive mental attitude
- Moderation in habits
- Balanced Diet
- Cleanliness in all wakes of life
- Adequate rest and relaxation
- Choose a qualified physician as your family doctor.



WHAT IS JUNK FOOD?



- **Junk food** is an informal term applied to some foods that are perceived to have little or no nutritional value (i.e. containing "empty calories"), or to products with nutritional value but which also have ingredients considered unhealthy when regularly eaten, or to those considered unhealthy to consume at all. The term was coined by [Michael Jacobson](#), director of the [Center for Science in the Public Interest](#), in 1972 .

The term “junk food” is used to describe food that is low in nutritional value, with a comparatively high caloric value. Many people try to avoid or limit such food in their diets, out of concerns that it is not healthy, despite the fact that numerous food manufacturers produce a range of products which could be considered junk. Nutritionists, doctors, and other health advocates often work to educate people about junk food, encouraging them to eat well balanced diets which contain a high proportion of healthy foods.



WHAT JUNK FOOD CONTAINS?



- Saturated fat, sugar & salt.
- little or no fruit, vegetables, or dietary fiber.
- Common junk foods include salted snack foods (chips, crisps), candy, gum, most sweet desserts, fried fast food and carbonated beverages (sodas) as well as alcoholic beverages.

SOME FACTS OF JUNK FOOD

- Junk foods are known for the high amount of sugar present in them..
- The amount of minerals and vitamins is less in junk foods, while it is loaded with calories.



- Food items such as chips, cookies, candy bars, muffins, fried foods, etc., contain high amounts of hydrogenated oils and fats. The trans fats or hydrogenated oils present in these foods do not serve any purpose in the nourishment of the body.





- The margin of profit earned by soft drink companies is around 97%. Thus, it is possible for them to resort to excessive spending in advertising their products .

ILL EFFECTS OF JUNK FOOD

- Junk food is made using a lot of saturated fats. Such fats are unhealthy and on digestion can release a lot of toxins into your body. You body gets food but not healthy food.

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- Junk food is sometime made using ingredients that are not very clean. This can in the long run spoil your stomach, liver and intestines.
- Junk food does not contain vitamins and minerals and much of the nutrients seen in properly cooked food and in raw food so, it makes the person having such food very prone to illnesses.



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Eating junk food causes

- Weight gain
- Diabetes
- Heart diseases

To have good health & avoid ill effects have nutritious food.

