**Malnutrition-Related Conditions**

**1. Kwashiorkor**

* **Symptoms:**
  + Edema (swelling, particularly in the abdomen)
  + Irritability
  + Skin lesions
  + Fatigue
* **Precautions:**
  + Ensure a balanced diet with adequate protein.
  + Monitor children's growth and nutritional intake.

**2. Marasmus**

* **Symptoms:**
  + Severe weight loss
  + Stunted growth
  + Weakness and fatigue
  + Dry, loose skin
* **Precautions:**
  + Provide adequate caloric intake, especially in vulnerable populations.
  + Monitor nutritional status regularly.

**3. Vitamin A Deficiency**

* **Symptoms:**
  + Night blindness
  + Dry eyes
  + Increased susceptibility to infections
* **Precautions:**
  + Include vitamin A-rich foods in the diet (e.g., carrots, sweet potatoes).
  + Supplementation in high-risk groups.

**4. Iron Deficiency Anemia**

* **Symptoms:**
  + Fatigue and weakness
  + Pale skin
  + Shortness of breath
  + Dizziness
* **Precautions:**
  + Consume iron-rich foods (e.g., red meat, beans, leafy greens).
  + Consider iron supplements if recommended.

**5. Scurvy**

* **Symptoms:**
  + Fatigue
  + Swollen and bleeding gums
  + Joint pain
  + Skin rashes

**Precautions:**

* Eat fruits and vegetables rich in vitamin C (e.g., citrus fruits, bell peppers).
* Consider supplementation if dietary intake is low.