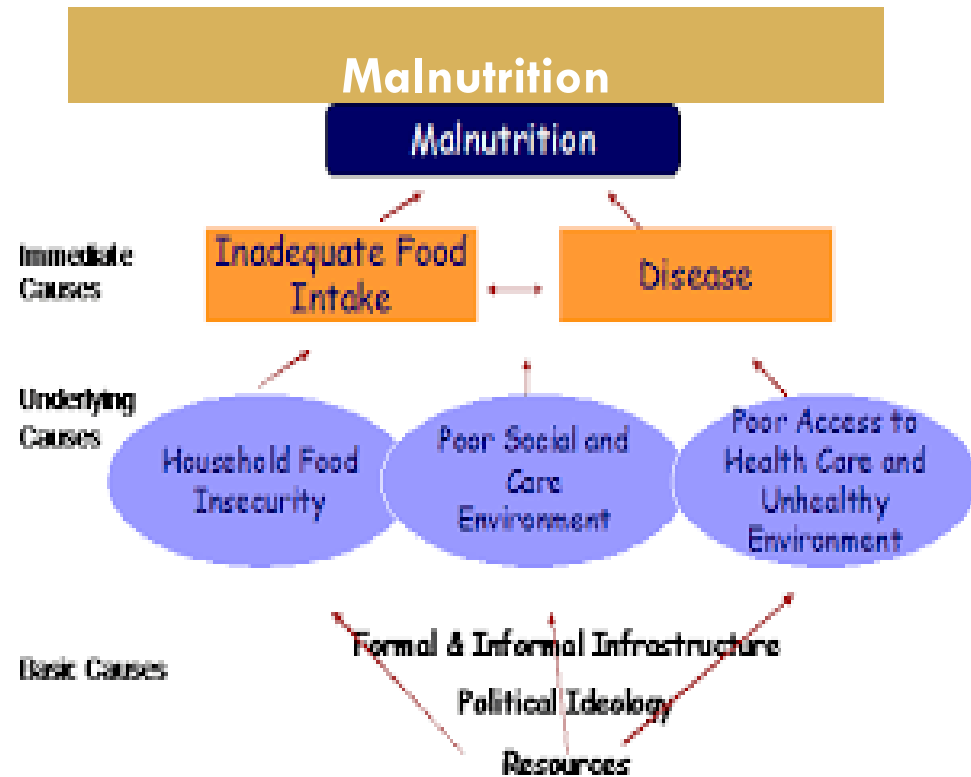# THE RISKS OF POOR NUTRITION

GOOD NUTRITION, BASED ON HEALTHY EATING IS ONE ESSENTIAL FACTOR THAT HELPS US TO STAY HEALTHY AND BE ACTIVE.

- **What Causes Poor Nutrition?**
- **How Does Poor Nutrition Affect Us?**
- **Steps to Good Nutrition – It's Easier Than You Think**

What Causes Poor Nutrition?

- Poor eating habits include under- or over-eating, not having enough of the healthy foods we need each day, or consuming too many types of food and drink, which are low in fibre or high in fat, salt and/or sugar.

- These unhealthy eating habits can affect our nutrient intake, including energy (or kilojoules) protein, carbohydrates, essential fatty acids, vitamins and minerals as well as fibre and fluid.
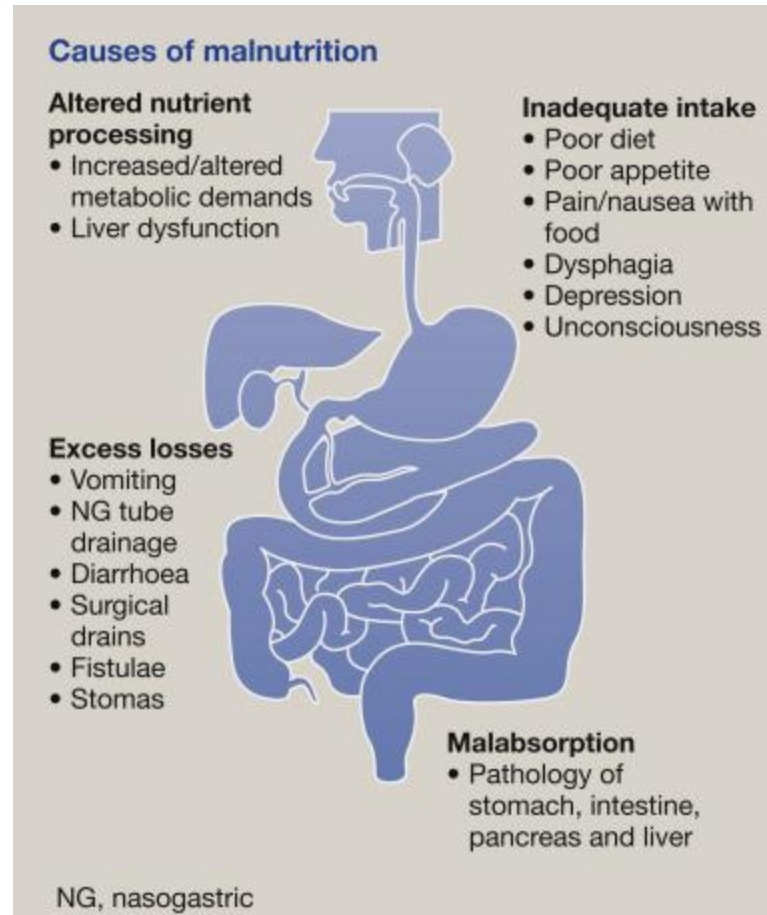
Causes of Malnutrition

Malnutrition (undernutrition) is caused by a lack of nutrients, either as a result of a poor diet or problems absorbing nutrients from food.

Some health conditions.

Some types of medicines may also increase the risk of developing malnutrition.

Causes of malnutrition

Altered nutrient processing
- Increased/altered metabolic demands
- Liver dysfunction

Inadequate intake
- Poor diet
- Poor appetite
- Pain/nausea with food
- Dysphagia
- Depression
- Unconsciousness

Excess losses
- Vomiting
- NG tube drainage
- Diarrhoea
- Surgical drains
- Fistulae
- Stomas

Malabsorption
- Pathology of stomach, intestine, pancreas and liver

NG, nasogastric

How Does Poor Nutrition Affect Us?

☐ Poor nutrition can impair our daily health and wellbeing and reduce our ability to lead an enjoyable and active life.

☐ In the short term, poor nutrition can contribute to stress, tiredness and our capacity to work, and over time, it can contribute to the risk of developing some illnesses and other health problems such as:

☐ being overweight or obese

☐ tooth decay

☐ high blood pressure

☐ high cholesterol

☐ heart disease and stroke

☐ type-2 diabetes

☐ osteoporosis

☐ some cancers

☐ depression

☐ eating disorders.
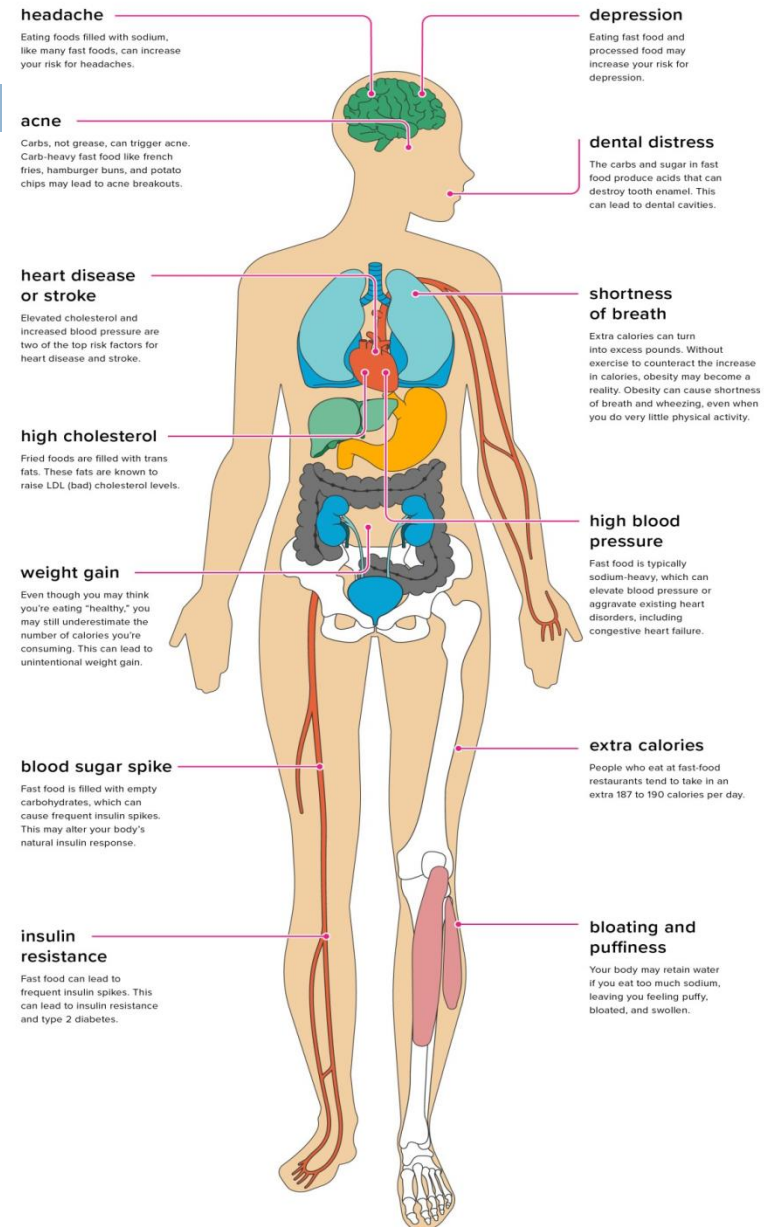
Steps to Good Nutrition – It's Easier Than You Think
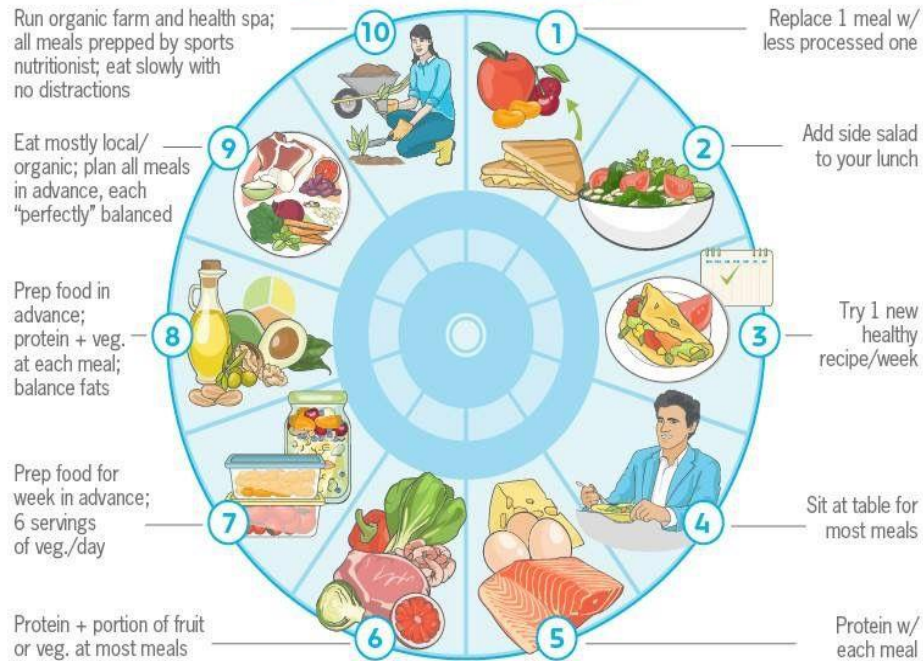
A good place to start is to:

- [ ] have a good variety of healthy foods from the five food groups each day. For more information see the Healthy eating for different ages and stages and Healthy Eating tips sections

- [ ] aim for two serves of fruit and five serves of vegetables each day

- [ ] only occasionally eat sugary, fatty or salty food, and then only in small amounts

- [ ] drink fresh, clean tap water instead of sugary drinks

- [ ] switch over to healthy recipes that look and taste good

- [ ] plan your meals ahead and shop for healthy ingredients

- [ ] enjoy cooking and eating healthy food with family or friends and without

Swap those poor eating habits over for better ones.

References:
- https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/is+your+health+at+risk/the+risks+of+poor+nutrition
- https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating