

BERIBERI

Beriberi is a vitamin B1 (thiamine) deficiency. There are different types of beriberi - dry (Wernicke-korsakoff syndrome), wet (cardiovascular disease), oriental and infantile.

CAUSES

- 1) Inadequate intake of thiamine.
- 2) Eating diet in which most calories are derived from polished rice (oriental).
- 3) Excessive alcohol consumption (dry and wet beriberi).
- 4) Inadequate intake in breast feeding mothers (infantile).
- 5) Other cause can be - patients under dialysis, patients receiving high doses of diuretics.
- 6) Rarely - genetic inability to absorb thiamine.

DIETARY MANAGEMENT

- 1) Avoid:
 - Avoid alcohol.
 - Avoid eating unpolished rice or cereals.

CONSUME

- 1) Increase intake of thiamine (vitamin B1):
 - a. Thiamine is found in almost all foodstuffs of animal and plant origin. Fats oils and sugars do not contain thiamine.
 - b. Nuts and seeds
 - c. Animal origin: lean meat especially pork, fish, dairy products, poultry, egg yolk are good sources of thiamine.
 - d. Yeast is a very good source of thiamine.
 - e. Plant origin: cereals, pasta, whole grains like rice and wheat germ, dried beans, peas and soybeans are good source of vitamin B1.
 - f. Fruits and vegetables are not high in thiamine content.
- 2) You can take thiamine supplements.

CONSULT PHYSICIAN

- 1) If any of the above symptoms are observed consult your physician as immediate supplementation of injectable thiamine is essential.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PROBLEMS YOU HAVE. THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .