

MALNUTRITION

Inadequate supply of nutrients for body to function properly.

CAUSES

- 1) Lack of a single vitamin in the diet or a combination of vitamins.
- 2) Digestion and absorption is not proper.

DIETARY MANAGEMENT

- 1) Avoid:
 - Avoid mental stress.
 - Avoid crowded and unhygienic places.

CONSUME

- a. Increase intake of the nutrient you are deficient in.
- b. Take high energy and high protein diet.
- c. Fluid intake should be adequate.
- d. Wide variety of food should be selected to ensure all vitamins and minerals are included in the diet.
- e. Increase intake of antioxidants like vitamin A, Vitamin C, vitamin E, selenium.
- f. Vitamin A rich foods: sweet potatoes, carrots, dark leafy greens, winter squashes, lettuce, dried apricots, cantaloupe, bell peppers, fish, liver, and tropical fruits.
- g. Wheat grass juice is recommended - grow wheat grains in a pot - grass comes up in a weeks time so its advisable to plant seven pots so as to have every days supply. Extract juice from these grass and consume twice a day. It helps you to develop immunity and is highly nutritious.
- h. Drink boiled mixture of water, mint and basil leaves.
- i. Increase consumption of zinc, decreases diarrhea episodes:
 - i. Seafood (especially oysters), beef, oatmeal, chicken, liver, milk, spinach, sea plants, nuts and seeds.
 - ii. Plant foods are low in zinc, Whole wheat grains provide good amount of zinc.
- j. Add a pinch of turmeric to food; it will boost up your immunity.
- k. Have high energy food / drink like sugarcane juice, fats.
- l. Consumption of roots of winter cherry (ashwagandha) is advisable as it is an immuno-modulator.
- m. You can consume eggs, milk, fish, and little amount of meat and poultry.
- n. Vegetarians should increase their consumption of pulses and legumes (peas and beans).
- o. Consumption of fresh fruits and raw vegetables is advised.
- p. Milk and milk products should be avoided to those patients with intestinal damage who are also lactose intolerant or those who cannot tolerate, digest or absorb a normal diet in such case liquid supplement formula can be used.

CONSULT PHYSICIAN

- a. Treat the cause.
- b. If it is complicated with infectious diseases consult your physician immediately.
- c. If you have persistent diarrhea vomiting see your physician at once.
- d. Multivitamin supplements can be taken as indicated by your physician.

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