

## **RICKETS**

It is the characteristic result of vitamin D deficiency in children.

### **CAUSES**

1. It is less common in breastfed infants.
2. Less exposure to sunlight.
3. Dark skinned infants.
4. Dietary deficiency of vitamin D.
5. Malabsorption.
6. Chronic liver disease.
7. Renalosteodystrophy.
8. Calcium wasting.
9. Hereditary.

### **DIETARY MANAGEMENT**

- i. Avoid:
  - a. Avoid bony injuries, to prevent fractures.

### **CONSUME**

- ii. Consume foods rich in vitamin D:
- iii. Animal food: egg yolk and fish liver oils are rich sources.
- iv. Liver, veal, beef, oyster, salt water fish - mackerel, kipper, herrings, salmon, sardines and tuna.
- v. Dairy products like - cream, butter, cheese, fortified milk and margarine.
- vi. Plant foods are low in vitamin D - vegetable oils, fruits, nuts and green leafy vegetables.
- vii. Egg yolks are also a great source of nourishment.
- viii. Calcium rich foods like green vegetables and milk are very important.
- ix. Breast feeding should be continued.
- x. You can take vitamin D supplements - cod liver oil, fortified milk.

### **CONSULT PHYSICIAN**

- a. Consult physician if you have any of the above signs and symptoms.
- b. Associated illness should be treated.
- c. Vitamin D injections can be injected under the guidance of your physician.

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