

ZINC DEFICIENCY

The toxic effects from high level of copper in plasma, liver, brain and other organs is known as Wilson's disease.

CAUSES

- It is a genetic disorder in which the liver is unable to excrete the metal copper and thereby it accumulates, in the system.

DIETARY MANAGEMENT

1) Avoid:

- Avoid foods that are high in copper:
 - meat gelatin, lamb; pork; pheasant quail; duck; goose; squid; salmon; organ meats including liver, heart, kidney and brain.
 - Sea food: shellfish including oysters, scallops, shrimp, lobster, clams, and crab.
 - soy and soy substitutes, nuts and seeds, beans, legumes; whole grain, wheat germ, almonds, broccoli, garlic; bran breads and cereals; fresh sweet potatoes and sea plants.
 - Dried beans including soy beans, lima beans, baked beans, garbanzo beans, pinto beans; dried peas; lentils; millet; barley.
 - Vegetable juice, cocktail, mushrooms.
 - Nectarine, commercially dried fruits including raisins, dates, prunes, avocado.
 - Chocolate and some kind of beers are rich in copper.
 - The dietary intake of copper should be less than 1.0 mg per day.
- Avoid cooking in copper vessels.
- Avoid drinking alcohol. It can be harmful to the liver, and the liver may already be damaged from Wilson's disease.

CONSUME

- a. Increase intake of vitamin B6: Patients under treatment of D- penicillamine, develops deficiency of vitamin B-6 (pyridoxine).
 - i. You can take a vitamin B6 supplement of 25 mg daily.
 - ii. Brewers yeast is very good source of vitamin B6.
 - iii. Meats, live, fish, eggs and milk, beans, nuts, legumes and whole grains, sunflower seeds, eggs, walnuts and herring.
 - iv. Kidney, liver, pork, poultry, salmon, wheat germ and Avocado good source of vitamin b6 but are high in copper hence should be avoided.
- a. Read food labels; and check for copper content. Check labels of vitamin/mineral supplements to see if they contain copper.
- b. Analyze drinking water for copper content; if it contains more than 100 micrograms per liter, bottled demineralized water should be used. Water containing not more than 1 microgram of copper per liter can be consumed.
- c. Increase intake of zinc, it reduces copper levels:
 - i. Plant foods are low in zinc, whole wheat, meat, poultry and milk, sea food.

CONSULT PHYSICIAN

- a. Copper is present in almost all foods, hence only dietary restriction is not enough to control the disease. So consult your physician for the proper management of the disease.

- b. Regularly see your physician as regular monitoring of blood count, urine, and body temperature is needed along with the treatment.

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 .