**Foods and Nutrition**

**Unit 5 Special Health Concerns**

**5.1 Special Health Concerns**

1. Nutrition and Illness

A. When sick or recovering from illness or injury:

i. get plenty of water

ii. if have poor appetite, fix small frequent meals

II. Food Intolerance – body has trouble digesting or handling a component of food

A. Lactose intolerance – inability to adequately digest lactose, which is the natural sugar found in milk and milk products

i. symptoms: nausea, stomach pain, gas, diarrhea

ii. drink lactose-free products

iii. consume small servings of dairy at a time

iv. eat milk products with less lactose like hard cheeses and yogurt

v. take a supplement that will help your body digest lactose

III. Food Allergy – sensitivity to food that involves the body’s immune system

A. body thinks of the food as an illness to fight

B. rash, itching, stomach cramps, breathing problems, headache, nausea, vomiting

C. Can be life-threatening

D. common foods: milk, eggs, wheat, peanuts, soy, tree nuts, fish, shellfish

E. if have food allergy must avoid the foods that cause it

IV. Diabetes – body cannot control levels of sugar in the blood properly

A. Two types:

i. body doesn’t produce enough insulin

ii. body doesn’t use the insulin that is produced normally

B. Managing diabetes

i. eat regular meals and snacks

ii. make careful food choices

iii. be physically active

iv. may need medicine or insulin injections

C. Diabetes develops:

i. as a child, which will have to deal with for the duration of their life

ii. as get older, being overweight is leading cause of diabetes in older age

V. Modified Diets – special eating plan that helps to keep a medical condition under control

A. may limit certain foods or choose foods for their nutrients or for texture

B. Examples: low sodium diet to help lower high blood pressure, soft food diet for someone having difficulty chewing

VI. Recipe Adaptations

A. for more vitamins – add more vegetables to casseroles, pasta dishes

i. example: added shredded carrots add zucchini to mashed potatoes

B. For more calcium – add dry milk to dishes such as mashed potatoes, meat loaf, add grated cheese to dishes

C. for less fat

i. use reduced or low fat ingredients

ii. use smaller amounts of high-fat ingredients such as butter

iii. skim fat from soups, gravies

iv. substitute evaporated fat-free milk for cream

v. use plain yogurt or light or nonfat sour cream

vi. use fat free or low fat milks instead of whole milks

vii. use extra lean meats

viii. use 2 eggs whites instead of 1 whole egg

ix. use 3T. cocoa powder plus 1T. oil instead of 1 oz. baking chocolate

D. For more fiber

i. use whole-grain pastas and brown rice

ii. add dry beans to soups

iii. mix bran into casseroles

E. for less added sugar

i. use vanilla, cinnamon, spices to bring out the natural sweetness of many foods

F. for less sodium

i. cut down on salt in recipes by using herbs and spices to enhance flavors

ii. use low-sodium versions of ingredients such as broth, soy sauce, canned foods

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**5.2 Eating Disorders**

1. 3 Eating Disorders

A. Anorexia Nervosa

i. refuse to maintain appropriate body weight, fear of fat, disturbance in body perception

ii. amenorrhea (no period in females for more than 3 months)

iv. physical effects of starvation – muscle weakness, osteoporosis, heart failure, difficulty regulating body temperature, lanugo (growth of fuzz on skin), skin becomes dry and flaky because dehydrated, erosion of tooth enamel

v. family characteristics – “perfect”, loyal, stable, conflict free, nurturing

B. Bulimia Nervosa

i. recurrent binge eating, recurrent compensatory behavior (getting rid of) behavior such as fasting, vomiting, exercise, binging/purging must occur 2X a week for 3 months, self evaluation based on weight/shape

ii. 2 sub-types of bulimia:

a. non-purging bulimia – fasting, excessive exercise, other drugs

b. binge eating – binge eating, rapid eating, not hungry but still eat, eat alone, depressed, distressed by binging, binge occurs 2X a week for 6 months, no compensatory behaviors, could lead to obesity

iii. physical effects of binge eating– high blood pressure, heart disease, arthritis, diabetes, stroke, stress on bones

iv. family characteristics – open conflict, chaotic, lacks nurturance

C. Obesity

i. excessive body fat, more than 30% overweight

ii. physical effects of obesity - high blood pressure, heart disease, arthritis, diabetes, stroke, stress on bones

II. To People with Eating Disorders these words mean…

A. fat – problem but there’s a solution, personality and value judgments, fear, insult

B. Food – enjoyment, control

C. thin – jealousy, too thin=abnormal, success, control

D. fit – success, control

III. Eating disorders in Men

A. 1 male for every 10 females suffer from an eating disorder

B. 5-10% of cases of anorexia nervosa are male

C. 10-15% of cases of bulimia nervosa are male

D. it is increasing due to sports

IV. Eating Disorders in Children (7-13 years)

A. less frequent, but increasing

B. girls = aesthetic (beauty)

C. boys – health

D. failure to grow/weight loss

E. conscientious, perfectionism, depression

F. prognosis = 2/3 recover, 1/3 either lose their battle or battle the rest of their life