

Stratford Nutritionist

Stratford Nutritionist - Nutritional diseases are conditions in human beings that are directly or indirectly caused by not having enough vital nutrients within the food intake. These sicknesses are usually linked with chronic malnutrition. Conditions such as obesity because of too much eating can likewise significantly contribute to serious health issues. Acute poisoning can result from too much intake of several nutrients.

Metabolic

When individuals consume too many calories than the amount of exercise being done, those individuals might be more at risk for obesity because of a distorted energy balance. This may likewise cause other health problems including cardiovascular disease and diabetes. Obesity could cause an increased mortality and different health conditions.

One more significant factor in rates of obesity is the low-cost foods which are more readily accessible in the poorer neighbourhoods. Fast foods are often really high in additives, fats and sugars, while providing low nutritional values. Within more rich nations, obesity is a sign of poverty and malnutrition. On the other hand, within poorer countries, obesity is normally associated with good nutrition and wealth. Other reasons of obesity comprise: heredity, sleep deprivation, stress and lack of exercise. Acute overeating can also be a symptom of an eating disorder, such as Bulimia.

The intake of Goitrogenic foods can lead to goitres by interfering with iodine uptake in the body.

Vitamins and Micronutrients

When the body experiences overly high storage levels of vitamins, vitamin poisoning could take place causing toxic symptoms. The different names of the conditions will be derived from the name of the vitamin involved. For example, hypervitaminosis A refers to an excess of vitamin A in the body. Iron overload disorders are diseases that happen caused by the over accumulation of iron within the body and the inability for this nutrient to exit, thus causing a dangerous build up. Haemochromatosis is one instance and the organs that may be affected include the the heart, the liver and the endocrine glands.

Deficiencies

Severe health problems can happen when nutrients are not available to the system. For example, not having enough proteins, fats and carbohydrates can result in protein energy malnutrition called Kwashiorkor disease. Marasmus and mental retardation could also result. When minerals and vitamins are restricted from the food intake to poor nutrition, conditions like for example Calcium Deficiency, Rickets, Iodine Deficiency or Goitre, Tetany, Beriberi, Selenium deficiency, Anaemia or Iron deficiency and Zinc Growth Retardation amongst others can happen.