



Diet related medical conditions

Keywords and definitions:

Anaphylaxis: an acute allergic reaction to a food e.g. nuts, that in extreme cases can lead to death. This is due to the swelling of the throat, meaning air is cut off and people cannot breathe

Allergen: A substance that causes an allergic reaction. There are currently 14 allergens that must be identified on food packaging and menus by law in the UK.

Allergy: When the bodies immune system is triggered by an allergen (in this case food) – this can be fatal in some cases, particularly nuts.

Diarrhoea: When faeces is liquid in form and is removed from the body on a regular basis

Diverticular Disease: when pouches form in the intestines that then become infected with bacteria

EpiPen: A device containing medicine that treats an extreme allergic reaction. It must be injected. People suffering anaphylaxis must still go to the hospital, even if an epipen has been used.

Faeces: Waste matter that is removed from the body through the bowel – excrement (poo)

Intolerance: when the body is unable to digest certain foods, this can cause abdominal cramps, diarrhoea and vomiting. It is less severe than an allergy.

Malnutrition: is a result of under-consumption of nutrients. Anorexia and bulimia can lead to malnutrition symptoms.

Nausea: A feeling of sickness / feeling like you will throw up.

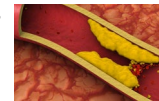
Osteoporosis: a disease common in old age. Bones become weak and brittle. A calcium and vitamin rich diet is needed for bone strength.

Obesity:

- An abnormal accumulation of body fat.
- Anyone with a BMI of over 30 is considered obese
- Will lead to an increased risk of CHD, diabetes, cancer and high blood pressure.
- Causes joint and mobility issues as well as shortness of breath.
- People who are obese should reduce their intake of foods high in salt, sugar and saturated fats.

Cardiovascular Disease (CVD)

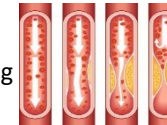
- A standard term for conditions affecting the heart or blood vessels, there are many different types.
- **Coronary Heart Disease (CHD)** is a common type where fatty substances (cholesterol) builds up in the arteries that run to the heart.
- People suffering from CVD should reduce their intake of salt and saturated.



High Blood Pressure:

- High blood pressure can lead to an increased chance of stroke and heart attacks.
- Eating too much salt can increase your blood pressure.
- Recommendations are that you should only eat up to 6g a day, but many people eat more due to salt being hidden in many pre-packaged foods.

Pressure restricting blood flow



Bowel Cancer:

- Is the second biggest cause of death and illness in the UK.
- The risk of bowel cancer and diverticular disease can be greatly reduced by increasing fibre / NSP (non-starch polysaccharide) intake.
- Vegetables, wholegrains, beans and pulses are all good sources of fibre.

Type 2 Diabetes:

- Too little or no insulin is produced in the pancreas, resulting in high levels of blood sugar.
- Controlled by insulin or by a change in diet.
- Typically people develop this later in life, but due to sugar-rich diets, it can develop in teenagers and children.
- Linked to Obesity.
- Can restrict blood flow to your hands, feet and toes, resulting in infection and in some cases amputation.
- Can also cause kidney damage and blindness.

Liver Disease:

- There are many different types
- A common type is non-alcoholic fatty liver disease (NAFLD) – this is usually seen in obese people. It is caused by a build up of fat in the liver
- To help prevent this, you should choose unsaturated fat food options over saturated fat and reduce intake.

Dental Health:

- Sugar causes tooth decay, especially in young children.
- Sugar increases acids on the teeth, causing irreparable damage. Acids erode the protective enamel surface of the teeth.
- This is a big problem in the UK with nearly 50% of 8-year-old children and 33% of 5-year-old children showing signs of tooth decay.
- To prevent this, you should eat fewer biscuits, cakes and sugary snacks
- Avoid giving children fizzy drinks and high sugar juices

Iron Deficiency Anaemia:

- Symptoms include: tiredness and lack of energy, shortness of breath, a pale complexion, headache and hair loss
- It is common in teenage girls due to menstruation, pregnant women, vegans and vegetarians.
- People suffering from this should increase their intake of iron rich foods such as; dark leafy green vegetables, fortified foods, pulses, nuts and seeds and wholegrains.
- It is also important to make sure you have enough Vitamin C as this helps absorb iron.

Allergies and Intolerances:

Coeliac - Is a condition where people cannot eat gluten. Eating Gluten damages the lining of the small intestine, making it more difficult to absorb other nutrients. Symptoms include, weight loss, lack of energy and tiredness, diarrhoea, poor growth in children and anaemia. It cannot be cured but can be managed by switching to a gluten free diet.

Lactose intolerance - Is where the body is unable to digest lactose (A sugar in milk). The small intestine does not have the correct enzyme to digest lactose, this means the sugar will pass into the large intestine causing bloating, wind, diarrhoea and nausea. It cannot be cured but can be managed by switching to a lactose free diet.

Nut Allergy - When you are not able to eat nuts as they will trigger an immune response in the body. Minor symptoms include rash, itchy eyes, swelling, wheezing and coughing. An extreme reaction is anaphylactic shock, where the throat starts to swell and you are unable to breathe. People with nut allergies must carry an epipen. Nut allergies are life-threatening, so products must carry a warning. Dishes / foods with nuts must be prepared separately to avoid cross-contamination.

There are 14 allergens that must be identified in food products to warn and protect consumers.

