**Objective 3: Classify common food and nutrition related health concerns.**

**Iron Deficiency Anemia:** Severe depletion of iron stores resulting in low blood hemoglobin.

* Symptoms are: weak, tired and mental state is affected.
* Those at high risk are menstruating women, people who lose a lot of blood, vegetarians.
* Prevention and Treatment: eat foods high in iron such as *red meat*, egg yolk, dark green vegetables, dried fruits and *fortified cereals*. Vitamin C helps iron absorb in the body so eat vitamin C rich foods such as oranges and tomatoes.

**Osteoporosis:** Bones become porous and fragile due to a lack of calcium.

* Symptoms are: bones break easily, curvature of the spine.
* Those at high risk are females and the elderly.
* Prevention: Eat plenty (3-4 servings) of foods rich in calcium such as milk and dairy products, broccoli, salmon and figs.
* Treatment: calcium rich foods, light weight baring exercise

**Diabetes:** Type I child/juvenile, Type II adult onset; Blood glucose (often called blood sugar) is too high. Your blood always has some glucose in it because your body needs glucose for energy to keep you going. But too much glucose in the blood isn't good for your health.

* Symptoms of diabetes are: increased thirst, frequent urination, extreme hunger, unexplained weight loss, fatigue, blurred vision, slow-healing sores.
* Type 1 diabetes is seen in younger children and can be linked to genetics, but there is NO PREVENTION for Type 1 diabetes
* Those at high risk for developing Type 2 diabetes are the overweight and inactive. This is VERY preventable
* Prevention for Type 2 diabetes is: maintain a healthy weight, eat nutritious foods, and keep active.
* Treatments for both diabetes include diet and exercise (especially for type 2) and insulin injections.

**Cardio Vascular/Heart disease:** Plaque forms along the inner walls of the arteries.

* Symptoms include: chest pain, shortness of breath, pain, numbness and/or weakness or coldness in legs and/or arms.
* Those at high risk: genetics, age, high-fat diet, lack of exercise, high stress, smoke and tobacco use, excessive alcohol consumption, low fiber intake, low vitamin/mineral intake.
* Prevention: decrease foods that are high in saturated fats, decrease foods high in sodium, exercise.
* Treatments are usually surgical and include stints to keep the arteries open and flowing with blood.

**Obesity:** Obesity is having too much body fat, typically having a body mass index (BMI) of 30 or more.

* Symptoms include larger body composition, tired, and loss of breath.
* Can affect any one, usually older, more sedentary people.
* Prevention includes eating nutrient dense foods, exercising, avoiding high sugar, high sodium and high fat foods.
* Treatment for obesity is to increase overall activity—include activities such as taking the stairs instead of the elevator or parking a distant away and walking in to a store and eating more nutritious foods.

**Colon cancer:** Cancer of the colon can be hereditary or from not getting enough fiber in the diet.

* Often there are no early symptoms but may include bloody stool and abdominal pain.
* Anyone can get cancer
* Prevention: Eat high fiber foods such as whole grains and fruits and vegetables. Eat between 25 and 35 grams of fiber per day.
* Treatments includes a chemo and radiation, removal of colon and use of colostomy bag.