

A Brief Evaluation and Image formation of Pediatrics Nutritional Forum in Opinion Sector

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Abstract

Severe most and one of the main global threat is Nutritional disorders to backward countries, with respect to this issue WHO involved and trying to overcome this issue with the Co-ordination of INF and BNF. International Nutrition Foundation and British Nutrition Foundation, development in weight gain through proper nutrition and proper immune mechanism in the kids is their main role to eradicate and overcome nutritional problems in world.

Keywords: INF; BNF; Malnutrition; Merasmus; Rickets; Weight loss; Paediatric health issue

Introduction

In the mankind a respective one health and weight gain is fully based on perfect nutritional intake which he is having daily, poor diet will show the improper impact and injury to the some of the systems in the body, total health also in some times. Blindness, Scurvy, Rickets will be caused by nutritional deficiency disorders only, mainly in kids. Kwashiorkar and Merasmus are the filthy low nutritional diseases, who are completely intolerant by kids. Malnutrition will ruin the health of kids completely in their early stage of life itself.

List of Diseases with Respect to Nutritional Disorders

- Vitamin D – Rickets
- Vitamin C – Scurvey
- Iron Deficiency – Blood loss
- Iron over load – Hemochromatosis
- Vitamin A - Xeraphthalmia
- Thiamine – Beri beri
- Iodine – Goitre (Figures 1-6)



Figure 1: Pellagra deficiency.

Precautions to Avoid Nutrition Deficiency in Paediatrics

Respective disease having respective deficiency disorder but in the case of nutritional diseases. Proper nutrition is the only thing to cure nutritional disorders. Providing sufficient diet like fish, meat, egg, milk to malnourished kids and consuming beef, fish liver oil, sheep meat, boiled eggs from the age of 3 itself (Tables 1 and 2).



Figure 2: Scurvey deficiency.



Figure 3: Rickets disease.

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Figure 4: Vitamin K deficiency.

Vitamins	Diseases	Symptoms
Vitamin A	Night Blindness	Poor and Loss of Night Vision
Vitamin B	Beri Beri	Nervousness, Paralysis
Vitamin C	Scurvy	Bleeding of Gums,
Vitamin D	Rickets	Weak Bones, Decaying Teeth
Vitamin K	Haemorrhage	Clotting of Blood Affected

Table 1: Table of deficiency due to vitamin.

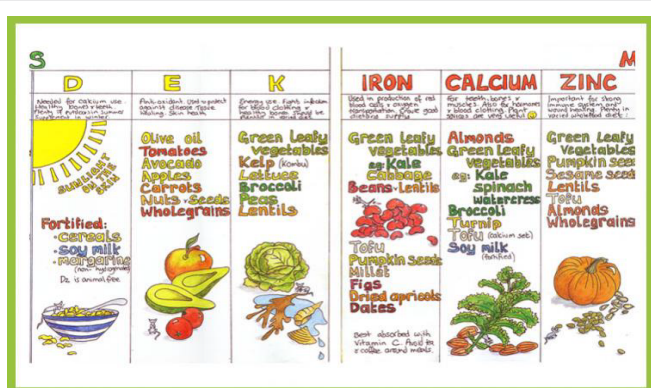


Figure 5: Paediatric nutrition chart.

Disease	Vitamin Deficiency	Scientific Name	Natural Foods
Scurvy	C	Ascorbic Acid	Oranges, Straw Berry
Rickets	D	Calciferol	Egg Yolk, Live Oil
Pellagra	B3	Niacin and Tryptophan	Peanuts, Chicken
Beri Beri	B1	Thiamine	Peas, Fish, Rice
Night Blindness	A	Retinol	Carrot, Sweet Potatoes

Table 2: Natural foods to avoid vitamin deficiency.

Eating Your A, B, C's...

You don't need much of them, but you can't live without them. Vitamins are a group of 13 substances that the body needs. For the most part, you get vitamins and minerals from the food you eat.

Vitamin A is also called retinol. It is necessary for healthy vision and also helps create strong bones and teeth, as well as a strong immune system.

Vitamin B is a group of vitamins that help the body turn food into energy. They are also needed to make red blood cells and the genetic materials DNA and RNA.

The vitamin B group includes:
 *B1 (thiamin)
 *B2 (riboflavin)
 *B3 (niacin)
 *B5 (pantothenic acid)
 *B6 (pyridoxine)
 *B9 (folic acid)
 *B12 (cobalamin)
 *BIOTIN

Vitamin C is also called ascorbic acid, is necessary for making collagen, which holds body cells together. It also aids in the healing of wounds and burns and helps build strong teeth and bones.

Vitamin D is made by the body when it is exposed to the sun. The vitamin is also found in certain foods. Vitamin D helps the body absorb the mineral calcium. It also helps build strong bones and teeth.

Vitamin E helps maintain healthy red blood cells and muscle tissue.

Vitamin K is necessary for blood to clot when you get a cut. Half of the vitamin comes from the food you eat; the other half is manufactured by bacteria in your intestines.

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Figure 6: Essential nutrition chart.