

Prevention and control: In order to prevent malnutrition, it is important to follow a healthy and balanced diet that contains the nutrients needed by the human body. Here are the details as follows: –Get the necessary nutrients

In order to follow a healthy an

Treatment: 1–Under Nutrition Treatment of marasmus: Ideally, people with marasmus should be treated in a hospital setting, under close medical supervision to prevent risk of refeeding syndrome, a life threatening

Stage 1: –Rehydrnd stabilization: ●●**The first stage of treatment is focused on treating dehydration, electrolyte imbalances and micronutrient deficiencies to prepare the body for refeeding. In many cases, these can all be treated with .

●Rehydration Solution for Malnutrition (ReSoMal), {given orally or through a nasogastric tube.}. ●It's also important to keep the person warm to prevent hypothermia and to treat infections

Stage 2: Nutritional rehabilitation:●** healthcare providers prefer tube feeding because it allows for gradual but continuous nutrition. . ● Calories are introduced at about 70% of normal recommended values for the person's age. Eventually, they may increase to 140% of recommended values to meet the growth requirements of stunted children.. ●This phase may last two to six weeks. During this time, patients gradually progress to more ordinary oral feeding with solid foods.

Stage 3: Follow-up and prevention: ●**Since marasmus can recur, a complete treatment protocol includes education and outgoing support for the patient and/or their caregiver before they are discharged. ●● In the developing world, this may mean breastfeeding support, safe drinking water and immunizations and education to prevent widespread diseases. ●in the developed world, caregivers use The Malnutrition Universal Screening Tool (MUST) can help identify people at risk and how to recognise the signs of marsmus

Treatment of nutritional –deficiency, 1–To treat nutritional–deficiency anemia, a doctor will recommend having a varied diet that contains plenty of mineral–rich, fortified foods and taking iron supplements and changing your diet● Food sources of iron, B–12, folate and vit c to absorb Iron .

Medical treatment: – If dietary changes do not improve a person's anemia patient may recommend supplement

1–Iron: Take iron tablets on an empty stomach with vitamin C. Vitamin C improves the absorption of iron

2–Vitamin B–12: A person with a deficiency may need a monthly injection,

3–Folate: A person may need to take folic acid supplements for 4 months, and they are available in pill form. ●In very severe cases, a blood transfusion is necessary

Over Nutrition

Treatment of obesity: The goal of obesity treatment is to reach and stay at a healthy weight to lower the risk of developing complications related to obesity. ٥–Dietary changes:*: – Δ Δ The first step is to review your typical eating and drinking habits to see how many calories you normally consume by calculating how many calories you need to take in each day to lose weight through BMR Δ a typical amount is 1,200 to 1,500 calories for women and 1,500 to 1,800 for men.. **Restricting certain foods, such as high–carbohydrate or full–fat foods. ** Limiting drinking sugar–sweetened beverages that consume more calories than you intended.

2–Exercise and activity: – **Increased physical activity or exercise is an essential part of obesity treatment **. People with obesity need to get at least 150 minutes a week of moderate–intensity physical activity to prevent further weight gain

3–Behavior changes: – **A behavior modification program can help make lifestyle changes and lose weight and keep it off Sometimes may need counseling to help the patient understand why he overeat and learn healthy ways to cope with anxiety and stress

5–Weight–loss medication: – **Weight–loss medications are meant to be used along with diet, exercise and behavior changes, not instead of them. **The most commonly used medications

approved by the U.S. Food and Drug Administration (FDA) for the treatment of obesity include: Bupropion–naltrexone (Contrave) Liraglutide (Saxenda) and Orlistat 6–Weight–loss surgery: – weight–loss surgery help to decrease the absorption of food and calories. **Common weight–loss surgeries include: – Adjustable gastric banding: – Also known as bariatric surgery ,In this procedure, an inflatable band separates the stomach into two pouches. –Gastric bypass surgery.: – In (Roux–en–Y), the surgeon creates a small pouch at the top of the stomach. The small intestine is then cut a short distance below the main stomach and connected to the new pouch. –Gastric sleeve. :–In this procedure, part of the stomach is removed, creating a smaller reservoir for food. It's a less complicated surgery than gastric bypass. d balanced diet, it is important to focus on eating different nutrients, which are as follows: –Eat at least five servings of fruits and vegetables daily. –Focusing on including starchy dietary fibers in the basic meals, such as: potatoes, bread, and pasta. –Obtaining dairy products and milk or milk substitutes. Eat both legumes, fish, eggs, meat, and other protein products. – Replace saturated oils with unsaturated ones and eat them in reduced quantities. – Eat an appropriate amount of fluids, about 6–8 cups per day. –Doing regular physical activity at least three times a week. –Grain group :It is the first group that should be eaten In a relatively large amount. *Cereals are foods that contain mainly starch (carbohydrates) and a certain amount of protein. For example: bread, pasta, potatoes, corn, wheat. * Most foods In this group also contain fiber (especially when eaten as whole grains), vitamins and minerals. –Fruits and vegetables : contain carbohydrates (sugars), water, fiber, vitamins and minerals. For example – vegetables and fruits rich in vitamin C: tomatoes, kiwi ,strawberries. * Vegetables contain less sugar and calories compared to fruits, so it is recommended to maintain a ratio of 2/3 vegetables and 1/3 fruits. – Protein–rich foods : a group that includes meat products (a source of iron), milk products (a source of calcium), eggs and legumes (a source of Iron and calcium). *The group provides additional ingredients: zinc, vitamin B–12 found in animal foods, fiber – in legumes, omega–3 – in fish. *It is recommended to consume foods that contain a low amount of fat: cheese up to 5%, milk and yogurt 1% to 3%, lean meat products, without the skin. –Foods rich In fats: this food group contains foods such as oils, avocados, nuts, butter. *It is recommended to consume from this group food rich In unsaturated fats of all kinds, such as vegetable oils, compared to foods rich in saturated fats that come from animal sources (such as butter). –Cholesterol (from animal) and trans fat (from processed food) are not recommended! –Desserts, snacks and sweet drinks :This group contains foods rich in fat, sugar and sometimes salt. *It is recommended to limit and reduce the intake of these foods. –We give you special tips for feeding the elderly: 1 – Organizing meals during the day so that there are main meals and other snacks throughout the day, as it is possible to follow a system of 3 main meals and two snacks per day. 2 – Providing food that is low in calories and rich in nutrients.because excessive calorie intake leads to obesity, which causes many diseases, for example, you can replace whole milk with skimmed milk, and eat Lean meat. 3 – The food must contain appropriate amounts of fiber because the fiber protects them from atherosclerosis and obesity. 4 – Pay attention to foods rich in calcium, which are found In dairy products and take care of those that contain vitamin D. 5 – Providing protein–containing foods. 6 – Relying on vegetables, especially green leafy vegetables and fresh fruits, In a large way In food, as they provide the elderly with many benefits, including iron, mineral salts, vitamins and antioxidants. 7 – Focus

on foods that contain omega-3 fatty acids, which you find in fish. 8 – Drink plenty of water during the day to prevent dehydration. 9 – Significantly reduce salt and sugar while reducing caffeine-containing drinks such as tea and coffee. 10 – Completely stay away from canned and processed foods and hydrogenated and saturated oils and fats. –Good sources of protein are important with every meal, especially with breakfast. * Good nuts and seeds are the best breakfast to start the day well, but the elderly find it difficult to digest, so they can be replaced with avocado. –Nuts and fruits can also be mixed well with yogurt to benefit from them