



UNIVERSIDAD DEL SURESTE

CAMPUS TAPACHULA

LICENCIATURA EN NUTRICIÓN

SEGUNDO CUATRIMESTRE

INGLES

ARTICULO

DISEASES DUE TO POOR DIETS: KIND OF DISEASES.

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FATIMA

Diseases due to poor diets: kind of diseases

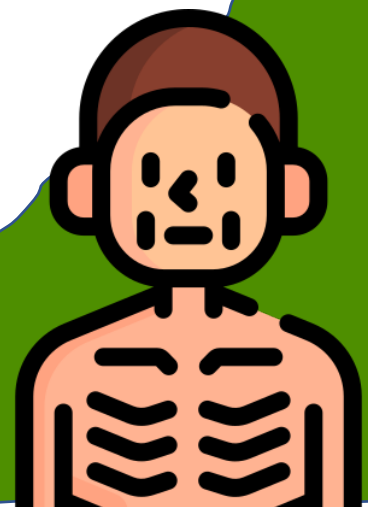
What are diseases due to insufficient diets?

The term "malnutrition" refers to deficiencies, excesses and imbalances in a person's caloric and nutrient intake.

- undernutrition, which includes wasting (low weight for height), stunting (low height for age), and underweight (low weight for age).
- micronutrient-related malnutrition, which includes micronutrient deficiencies (a lack of important vitamins or minerals) or excess micronutrients.
- overweight, obesity, and diet-related noncommunicable diseases (such as heart disease, diabetes, and some cancers).

Population at risk

Women, infants, children and adolescents are particularly vulnerable to malnutrition.



diseases

Poor nutrition belongs to the giant drawbacks of today's life, due to the rush and complex schedules it has been created that junk food wins the lot and its excess in saturated fats, salt and calories, manage to harm our health. 63% of the adult population in Chile is overweight or obese, which places this nation among the 3 with the highest rates in the area, according to the report "Panorama of Food and Nutritional Stability in Latin America 2016", carried out by the UN for Food Intake and Agriculture (FAO) and the Pan American Health Organization (PAHO).

What diseases can cause a poor diet?

Malnutrition due to excess harms men and women, however with more intensity to women; It also harms boys and girls from quite young, influencing their growth and development; and harms all socioeconomic groups, but primarily the most vulnerable socioeconomic groups. If we do not have a balanced and balanced diet, which includes each of our needs for nutrients, vitamins and fibers, then we are talking about poor food intake, which can reduce the response of the immune system, vary physical development and mind and increase vulnerability to pathologies such as:

1. Diabetes, 2. Osteoporosis, 3. Colon Cancer, 4. Overweight and obesity, 5. Hypertension, 6. Hypercholesterolemia, 7. Gout, 8. Caries, 9. Cardiovascular Diseases, 10. Anemia.

Problems Caused by Malnutrition Malnutrition in older adults can lead to a number of health problems, including the following: • A weak immune system, which increases the risk of infection • Improper healing of wounds • Weak muscles and decreased bone mass, which can cause falls and fractures • Increased risk of hospitalization • Increased risk of death



Diseases due to poor diets

Poor nutrition is one of the major problems of modern life, due to the rush and complicated schedules has generated that the junk food has gained ground and its excess in saturated fats, salt and calories, can damage our health. calories, can damage our health. 63% of the adult population in Chile is overweight or obese, which places this country among the top three in the world. the three countries with the highest rates in the region, according to the "Panorama of Food Safety" report. Panorama of Food and Nutritional Security in Latin America 2016," a report the Food and Agriculture Organization of the United Nations (FAO) and the United Nations Food and Agriculture Organization (FAO) and the Pan American Health Organization (PAHO). Health Organization (PAHO). In Chile, food and nutrition policies are focused on the promotion of healthy eating in the context of the promotion of healthy eating in the context of a healthy life, and the prevention of obesity and other prevention of obesity and other diet-related non-communicable diseases. diseases related to diet.

What diseases can be caused by poor nutrition?

Malnutrition by excess affects both men and women, but more intensely women. women more intensely; it also affects children from a very young age, affecting their growth and development, and it children from a very young age, affecting their growth and development. socioeconomic groups, but mainly the most vulnerable socioeconomic groups. socioeconomic groups. If we do not have a balanced and equilibrated diet, which takes into account all our needs for nutrients, vitamins and vitamins, we will not be nutrients, vitamins and fibers, then we are talking about a poor diet, which is we are talking about a poor diet, which can diminish the response of the immune system, alter the development of our system, alter physical and mental development, and increase vulnerability to diseases such as vulnerability to diseases such as:

Diabetes This disease causes the body to have too much sugar in the blood causing several disorders, the main one being low blood sugar. in the blood causing several disorders, the main one being low production of the hormone insulin. production of the hormone insulin.

Osteoporosis This disease is the product of a diet rich in meats, refined sugars and fats.

Colon Cancer There is a close link between colon cancer and poor diet. between colon cancer and poor diet.

Overweight and obesity The main cause of poor nutrition is weight gain due to high food consumption that exceeds the amounts necessary for the body, especially in terms of fats, sugars and flours.

Hypertension Excess fats and salt in the diet can cause high blood pressure hypertension.

Anemia Characterized by a lack of iron, this disease causes irritability, slowness, reduced muscular effort, lack of appetite and even experiencing headaches and dizziness headaches and dizziness.

Problems caused by malnutrition

Malnutrition in older adults can lead to a number of health problems, including the following:

- A weak immune system, which increases the risk of infections.
- Improper wound healing
- Muscle weakness and decreased bone mass, which can lead to falls and fractures
- Increased risk of hospitalization
- Increased risk of death



The importance of following a healthy diet

The importance of following a healthy diet is therefore evident. healthy diet. Since, as we have already pointed out in the previous newsletter, the organism cannot function properly when it does not have the nutrients and vitamins it needs. nutrients and vitamins it needs. In other words, it is like trying to to use a car without gasoline.

In conclusion, these are just some of the consequences of a bad diet. diet, remember that a bad diet can lead to a higher risk, with all that it implies. risk, with all that implies. Exercising and having a balanced diet balanced diet is essential to avoid diseases and maintain a good quality of life. quality of life.

