

Kitchener Nutritionist

Kitchener Nutritionist - Deficiency in vital nutrients in the diet would cause many conditions which fall under nutritional diseases. Usually, these diseases could be commonly connected with chronic malnutrition. Conditions like obesity from overeating can also considerably contribute to serious health problems. Acute poisoning can be caused by an excessive intake of several nutrients.

Metabolic

When individuals consume too many calories as opposed to the amount of exercise being done, those people may be more at risk for obesity due to a distorted energy balance. This may likewise lead to various health issues like diabetes and cardiovascular disease. Obesity could result in an increased mortality and different health problems.

One more important factor in rates of obesity is the low-cost foods that are more readily accessible within the poorer neighbourhoods. Fast foods are normally very rich in additives, fats and sugars, while providing low nutritional values. Within more rich countries, obesity is a sign of poverty and malnutrition. Conversely, in poorer nations, obesity is often related with wealth and good nutrition. Other causes of obesity consist of: heredity, sleep deprivation, stress and lack of exercise. Too much eating can also be a sign of an eating disorder, such as Bulimia.

When consuming Goitrogenic foods, there is a risk of developing goitres which are caused by a low uptake of iodine in the body.

Vitamins and Micronutrients

When the body experiences very high storage levels of vitamins, vitamin poisoning can take place leading to toxic symptoms. The different names of the conditions will be derived from the name of the vitamin involved. Like for example, hypervitaminosis A means an excess of vitamin A in the body. Iron overload disorders are diseases that happen caused by too much iron in the body and the inability for this nutrient to exit, hence leading to a dangerous build up. Haemochromatosis is one example and the organs that may be affected include the the heart, the liver and the endocrine glands.

Deficiencies

Severe health conditions can happen when nutrients are unavailable to the system. Like for instance, not having enough carbohydrates, proteins and fats can cause protein energy malnutrition called Kwashiorkor disease. Mental retardation and Marasmus may likewise result. When vitamins and minerals are restricted from the food intake to poor nutrition, conditions such as Rickets, Calcium Osteoporosis, Goitre or Iodine deficiency, Beriberi, Tetany, Anemia or Iron Deficiency, Selenium Deficiency and Zinc Growth Retardation amongst others can occur.