

# Special Diet Checklist

*Instruction: Research the special diets named below, collate information for each heading listed!*

*Note: Most special diets are allocated MAX 16m in an exam – 4 headings = 4x4m!*

Special Diet	Explanation		Symptoms	Causes	Treatment x5
<b>Anaemia</b>	Iron deficiency anaemia occurs when there is a reduced number of red blood cells because the body does not have enough iron to produce them.		The main symptoms are tiredness and lethargy (lack of energy).	caused by a shortage of iron in your body. Your bone marrow needs iron to make hemoglobin. Without adequate iron, your body can't produce enough hemoglobin for red blood cells	Treatment might include oxygen, pain relievers, and oral and intravenous fluids to reduce pain and prevent complications. Doctors might also recommend blood transfusions, folic acid supplements and antibiotics.
<b>Bowel Disorders</b>  Hemorrhoids are swollen veins in the lowest part of your rectum and anus. Sometimes the walls of these blood vessels stretch so thin that the veins bulge and get irritated, especially when you go to the toilet	<b>IBS</b> is a common disorder that affects the large intestine.	<b>Diverticulitis</b> is a type of disease that affects your digestive tract. It's a serious medical condition that causes inflamed pouches in the lining of your intestine.	Symptoms are cramping, abdominal pain, bloating, gas, and diarrhea or constipation	genetics and family history changes in the gut microbiome, such as an overgrowth of harmful microbes lifestyle factors, such as smoking, diet, and exercise levels certain medications, such as nonsteroidal anti-inflammatory drugs	Your doctor may recommend lifestyle changes to help treat bowel disorders, including changes to your diet. Food intolerances can make the symptoms of IBS, Crohn's disease, and celiac disease worse. Eating too much or too little fiber can also cause problems.
	<b>Haemorrhoids</b>	<b>Constipation</b> Constipation refers to bowel movements that are infrequent or hard to pass.			
<b>Coeliac Disease</b>	Coeliac disease, also known as celiac disease, is a common digestive condition where a person is intolerant (has an adverse reaction) to the protein gluten.		indigestion mild abdominal (stomach) pain bloating occasional changes in bowel habit, such as episodes of mild diarrhoea or constipation anaemia (tiredness, breathlessness and an irregular heartbeat, caused by a lack of iron in the blood) loss of appetite weight loss tingling and numbness in your hands and feet (neuropathy) vomiting (usually only affects children) some loss of hair (alopecia, usually only affects adults)	Celiac disease is an autoimmune disease in which gluten in your diet triggers your white blood cells to attack the tiny, finger-like projections called villi that line your small intestine and normally help you digest food. The lining is eroded until it's worn smooth.	The only way to manage the symptoms of celiac disease is to eat a strict gluten-free diet. Eating foods without gluten lets your small intestine heal, and stops future problems and inflammation. You'll need to avoid any foods made with wheat and wheat flour For example, stopping smoking after a heart attack quickly reduces your risk of having a heart attack in the future to near that of a non-smoker. Other lifestyle changes, such as eating more healthily and doing regular exercise, will also reduce your future risk of heart disease.

Special Diet	Explanation		Symptoms	Causes	Treatment x5
<b>Coronary Heart Disease</b>	Coronary heart disease (CHD), or coronary artery disease, develops when the coronary arteries become too narrow. The coronary arteries are the blood vessels that supply oxygen and blood to the heart.		heart failure, heart attack, agina, breathlessnes	smoke have high blood pressure (hypertension) have high cholesterol have high levels of lipoprotein (a) do not exercise regularly have diabetes	
<b>Diabetes</b>	<b>Type 1</b>	<b>Type 2</b>	Increased thirst. Frequent urination. Extreme hunger. Unexplained weight loss. Presence of ketones in the urine (ketones are a byproduct of the breakdown of muscle and fat that happens when there's not enough available insulin) Fatigue. Irritability.	Type 1 diabetes is caused by the immune system destroying the cells in the pancreas that make insulin. Type 2 diabetes develops when the body becomes resistant to insulin or when the pancreas is unable to produce enough insulin. Being overweight and inactive, seem to be contributing factors	Controlling blood sugar (glucose) levels is the major goal of diabetes treatment, in order to prevent complications of the disease. Type 1 diabetes is managed with insulin as well as dietary changes and exercise. Type 2 diabetes may be managed with non-insulin medications, insu weight reduction, or dietary changes
	Type 1 diabetes, is a chronic condition in which the pancreas produces little or no insulin. Insulin is a hormone needed to allow sugar (glucose) to enter cells to produce energy.	With type 2 diabetes, your body either resists the effects of insulin or doesn't produce enough insulin to maintain normal glucose levels.			
<b>Tooth Decay</b>	Tooth decay is the destruction of your tooth enamel, the hard, outer layer of your teeth. ... Plaque, a sticky film of bacteria, constantly forms on your teeth.		toothache – either continuous pain keeping you awake or occasional sharp pain without an obvious cause. tooth sensitivity – you may feel tenderness or pain when eating or drinking something hot, cold or sweet. grey, brown or black spots appearing on your teeth. bad breath	When you eat or drink foods containing sugars, the bacteria in plaque produce acids that attack tooth enamel.	Fluoride treatments. If your cavity just started, a fluoride treatment may help restore your tooth's enamel and can sometimes reverse a cavity in the very early stages. ... Fillings. ... Crowns. ... Root canals. ... Tooth extractions.
<b>Osteoporosis/ Osteomalacia</b>	Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become weak and may break from a fall or, in serious cases, from sneezing or minor bumps.		Back pain, caused by a fractured or collapsed vertebra Loss of height over time A stooped posture A bone that breaks much more easily than expected	The female hormone oestrogen is essential for healthy bones. After the menopause, oestrogen levels fall. This can lead to a rapid decrease in bone density. also not enough calcium	Good nutrition and regular exercise are essential for keeping your bones healthy throughout your life.