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MEDICAL LABORATORY SCIENCE

1) functional food is a food claimed to have an additional function (often one related to health promotion or disease prevention) by adding new ingredients or more of existing ingredients;

b.

2) Describe the different types of functional food
A Conventional food: these are foods which haven't been modified by enrichment and they are still in their natural state

b. Medical food: just like the name says, they are food intended for the specific dietary management of a disease or health condition for which distinct nutritional requirements based on recognised scientific principles are established for medical treatment.

c. Modified food: these are food that have been enriched, fortified and enhanced with nutrient or other beneficial ingredients

D. Food for special dietary use: just like the name, this is food which are specially processed or formulated to satisfy particular dietary requirements which exist because of a particular physical or physiological condition and/or specific diseases and disorders and which are presented as such.

(1)

3) With relevant examples, give the clinical implications of functional food

1) food fortified with Vitamin A - can help people with Night blindness

2. Fruits and vegetables (Conventional food) are packed with antioxidants, which are beneficial compounds that help protect against disease.
3. Example of fortified food such as dietary milk ensure the release of nutrient needed and protect against nutrient deficiencies.
4. Fortification has also been used to prevent other conditions caused by nutrient deficiencies, including rickets, goiter and birth defect.

5. Fortified food promote proper growth and development.

6. Nutritional Status assessment is the interpretation of anthropometric, biochemical (laboratory), clinical and dietary data to determine whether a person or group of people are well nourished or malnourished. (Over nourished or under nourished).

b. Describe anthropometric technique of nutritional assessment and its application

This is the measurement of physical dimensions such as height, weight, size and proportion of the body. Common anthropometric measurements include height, waist circumference, skinfold, mid arm circumference.

Application

1. provide information about Nutritional history both immediate and cumulative
2. Identification of risk group
3. Contribute to the development of appropriate food and Nutrition policies

Describe Nutrition and its relate to life stage

Nutrition for pregnant and lactating women

Pregnant women are encouraged to eat more because they no longer eat for themselves but also for the proper growth of the developing baby. But they should watch their weight as an overweight can cause issues during clinical delivery. Also take in folic acid supplement of 400 µg every day and as the time of delivery draw close, intake of such Supplement should be stopped.

Infant: Breast milk should be given to babies because the first 4-6 months it provides all the nutrient the baby need

Weaning: this is the period, babies are stopped breast feeding, ~~babies~~ must be given meal appropriate to satisfy their bodies because inappropriate food might not be easily digestible by the baby.

Childhood - A good supplement of adequate nutrient

Adolescent: A good supply of protein, Calcium, vitamin A & D is a part of a healthy diet; a close attention should be paid to fat-containing meals and unsaturated meal consumed at this stage and lead to ~~concern~~ - right properly cooked meal is advisable.

Adult: micronutrient needs in adult 19-50 year of age differ slightly. male requires more of vitamins C, K, B1, B2, B6, Choline, magnesium, zinc, chromium, and manganese

Menstruating females requires more iron, compared with male of similar age

Older Adult: they require less energy than younger individual for females. iron drop from 19-50 to 50 and after age 50. for those over age 65, it remains important to ensure adequate protein intake for older people. plant source of protein are preferable

The role of Vitamin B6 in immunity also present a reason
to be for higher recommended intake for elderly person
Alcohol intake should be stopped