)A 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)Modified food

Medical food

Conventional food

Food with special dietary purpose

(c)Clinical implications of functional foods include:

-They promote optimal health and help reduce disease risk; example is oatmeal because it contains soluble fiber that can help lower cholesterol levels

-It reduces the risk of osteoporosis ; an example is orange juice that has been fortified with calcium.

-It reduces the risk of heart diseases; example is fish oil with omega-3 fatty acid

-It reduces the risk of iron deficiency ; example is infant formula with iron.

(2)The nutritional status of an individual

is often the result of many interrelated factors.

It is influenced by food intake,

quantity & quality, & physical health.

The spectrum of nutritional status

spread from obesity to severe malnutrition

(b) Anthropometry is the measurement of

body height, weight & proportions.

It is an essential component of the clinical

examination of infants, children &

pregnant women.

It is used to evaluate both under &

over nutrition.

The measured values reflects the

current nutritional status & don’t

differentiat5(C) PREGNANCY

A varied diet, providing adequate amounts of

energy and nutrients, is essential both before

a woman becomes pregnant

PRE CONCEPTION AND DURING PREGNANCY .

Folate (the natural form of folic acid found in foods) is needed for rapid cell division and

growth in the foetus that takes place during

pregnancy.

It has been shown to reduce the chance of

neural tube defects, such as spina bifida, in

the unborn baby.

Foods that are good sources of folate are

green leafy vegetables, oranges, bread and

PREGNANCY

Too much vitamin A during early pregnancy has been linked to birth

defects. Vitamin A rich foods include liver and liver products, such as

pâté, vitamin A supplements and fish liver oils.

Unpasteurised dairy products, such as Brie and Camembert, may be

contaminated by Listeria, which can cause a miscarriage or infect the

baby, so should not be consumed.

Shark, swordfish and marlin may contain high levels of mercury, which

can harm an unborn baby’s developing nervous system.

BIRTH

In the first three days after birth, the

mother produces a special form of breast

milk called colostrum. It contains less fat,

more protein and more protective factors

than the breast milk produced later.

CHILDHOOD

A good supply of protein, calcium, iron,

vitamin A and D, as part of a healthy,

balanced diet, is essential.

Calcium is needed for healthy tooth

development, and together with vitamin D,

help develop strong bones.

e between acute & chronic

Changes

(C) PREGNANCY

A varied diet, providing adequate amounts of

energy and nutrients, is essential both before

a woman becomes pregnant

PRE CONCEPTION AND DURING PREGNANCY .

Folate (the natural form of folic acid found in foods) is needed for rapid cell division and

growth in the foetus that takes place during

pregnancy.

It has been shown to reduce the chance of

neural tube defects, such as spina bifida, in

the unborn baby.

Foods that are good sources of folate are

green leafy vegetables, oranges, bread and

PREGNANCY

Too much vitamin A during early pregnancy has been linked to birth

defects. Vitamin A rich foods include liver and liver products, such as

pâté, vitamin A supplements and fish liver oils.

Unpasteurised dairy products, such as Brie and Camembert, may be

contaminated by Listeria, which can cause a miscarriage or infect the

baby, so should not be consumed.

Shark, swordfish and marlin may contain high levels of mercury, which

can harm an unborn baby’s developing nervous system.

BIRTH

In the first three days after birth, the

mother produces a special form of breast

milk called colostrum. It contains less fat,

more protein and more protective factors

than the breast milk produced later.

CHILDHOOD

A good supply of protein, calcium, iron,

vitamin A and D, as part of a healthy,

balanced diet, is essential.

Calcium is needed for healthy tooth

development, and together with vitamin D,

help develop strong bones.

ADULTHOOD

The demand for energy and most nutrients are relatively high. Boys

need more protein and energy than girls due to their later growth spurt.

Name: Ajokpeniovo Kesiena Albert

Matrix no: 19/mhs06/032

Department: Medical laboratory science