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1. A functional food is a food claimed to have an additional function by adding new ingredients or more of existing ingredients. The term may also apply to traits purposely bred into existing edible plants, such as purple or gold potatoes having enriched anthocyanin or carotenoid contents, respectively.

b. –Conventional foods: This are the most basic of functional food because they haven’t been modified by enrichment or fortified, they are still in the natural state. Most whole fruits and vegetable fall in these categories because they are in rich in phytochemicals such as Lycopene (tomatoes), lutein, cetin.

- Modified foods: Are foods that have been enriched, fortified or enhanced with nutrients or other beneficiary ingredients, for example Calcium fortified orange juice, polic acid enriched bread and margarine with plants steroids are functional foods that have been mortified, also some energy drinks that have been enhanced with herps such as ginseng-guaran

- Medical food: Is the food formulated to be consumed or administered completely under supervision of a physician and which is intended for specific dietary management of a disease conditions of which requirement based on recognized Scientific pinnacles are established by medical violation includes specialises formulas for people with specific health problems.

- Food for special diet: This are similar to medical foods but are available commercially and don’t require supervision by health care personnel. These foods fill special dietary need that are due to specific health conditions e.g., lactose intolerant, obesity etc., gluten-free foods and foods dietary loss if you have these conditions.

- Infant foods too are also in that category.

c. – They promote optimal health and help reduce disease risk, example is oatmeal because it contains soluble fibre that can help lower cholesterol levels.

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

-It reduces the risk of osteoporosis; 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.

1. The nutritional status of an individual is often the result of many interrelated factors. It is influenced by food intake, quantity and quality and physical health. The spectrum of nutritional status spread from obesity to severe malnutrition.

b. Anthropometry is the measurement of body weight, height and proportion.

It is essential component of the clinical examination of infants, children and pregnant women. It is used to evaluate both under and over nutrition. The measured values reflect the current nutritional status and don’t differentiate.

c. PREGNANCY: A varied, providing adequate amounts of energy and nutrients, is essential both before a woman gets 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.

PREGNANCY

Too much vitamins A during early pregnancy has been linked to birth defects. Vitamin A rich foods include liver products such as pate, vitamin A supplements and fish liver oils. Unpasteurized 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 between acute and chronic changes.

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.