

Review on Nutrition and Dietetics

Rashmi Sonkusare, Rahil Parvez Shaikh, Toufik Mulani, Aasim Shaikh, Taskin Khan

New Montfort Institute of Pharmacy, Ashti, Wardha, Maharashtra.

Abstract: *Diet and nutrition play an important and fundamental role in the lives of everyone. It contributes to the formation of a healthy body and a strong mind. We know that nutrients-rich foods can remove toxins from the body, promote a good immune system, reduce hunger, and prevent obesity. Obesity is one of the most worrying, alarming and fastest-growing pandemics. It affects not only adults, but also adolescents and children. Early onset of diseases requires quick attention to control the physical, psychological, financial and social burdens it generates. Children with autism and autism spectrum disorders (ASDs) are often affected by eating disorders. Their preference for low-nutrient, energy-intensive foods may alter metabolism, lead to accumulation of oxidative atoms, and deteriorate their mental and physical condition. Although diet and weight loss are now common among the general population, it is difficult to raise awareness of nutrition, nutrition and obesity in children with special needs. Despite efforts, parents of children with such children cannot usually control their diet, as tantrums and behavioural problems are common. Currently, doctors and parents must work with nutritionists and nutritionists to help these children eat healthy, stay fit and improve their quality of life.*

Categories: Family/General Practice, Pediatrics, Public Health.

Keywords: applied behavioural analysis (aba), autism, autism spectrum disorder, diet, nutrition and exercise, pediatric, assessment, metabolism, supplements, gluten-free diet, complementary and alternative medicine (cam)

REFERENCES

- [1]. Optimal Health: Proper nutrition provides the body with essential nutrients, vitamins, minerals, and energy it needs to function correctly. This can lead to improved overall health and a reduced risk of chronic diseases.
- [2]. Energy and Vitality: A balanced diet provides the necessary energy for daily activities and helps individuals feel more energetic and alert.
- [3]. Criado KK, Sharp WG, McCracken CE, et al.: Overweight and obese status in children with autism spectrum disorder and disruptive behavior. *Autism*. 2018, 22:450-459. 10.1177/1362361316683888.
- [4]. Wentz E, Björk A, Dahlgren J: Is there an overlap between eating disorders and neurodevelopmental disorders in children with obesity?. *Nutrients*. 2019, 11:2496. 10.3390/nu11102496.
- [5]. Egan AM, Dreyer ML, Odar CC, Beckwith M, Garrison CB: Obesity in young children with autism spectrum disorders: prevalence and associated factors. *Child Obes*. 2013, 9:125-131. 10.1089/chi.2012.0028
- [6]. Christensen DL, Maenner MJ, Bilder D, et al.: Prevalence and characteristics of autism spectrum disorder among children aged 4 years — Early Autism and Developmental Disabilities Monitoring Network, seven sites, United States, 2010, 2012, and 2014. *MMWR CDC Surveill Summ*. 2019, 68:1-19. 10.15585/mmwr.ss6802a1.
- [7]. Hill AP, Zuckerman KE, Fombonne E: Obesity and autism. *Pediatrics*. 2015, 136:1051-1061. 10.1542/peds.2015-1437.
- [8]. World Health Organization, Food and Agricultural Organization of the United Nations (2004). *Vitamin and mineral requirements in human nutrition* (2. ed.). Geneva [era.]: World Health Organization. ISBN 978-9241546126. Archived from the original on 12 December 2012.
- [9]. Berg J, Tymoczko JL, Stryer L (2002). *Biochemistry* (5th ed.). San Francisco: W.H. Freeman. p. 603.
- [10]. "Get the Facts on Fiber". *webmd.com*. Archived from the original on 2022-05-19. Retrieved 2020-01-04.

- [11]. "National Nutrition Survey: Nutrient Intakes and Physical Measurements". Australian Bureau of Statistics. 1995. Archived from the original on 2023-01-09. Retrieved 2015-04-02.
- [12]. www.amrice.com. Archived from the original on 19 March 2016. Retrieved 18 March 2016.
- [13]. Westman EC (May 2002). "Is dietary carbohydrate essential for human nutrition?". *The American Journal of Clinical Nutrition*. 75 (5): 951–3, author reply 953–4. doi:10.1093/ajcn/75.5.951a. PMID 11976176.
- [14]. Mitchell, Dakota; Haroun, Lee (2012). *Introduction to Health Care* (3 ed.). Delmar Cengage. p. 279. ISBN 978-1-4354-8755-0.
- [15]. Shils (2005). *Modern Nutrition in Health and Disease*. Lippincott Williams and Wilkins. ISBN 978-0-7817-4133-0.
- [16]. Nelson, D.L.; Cox, M.M. (2000). *Lehninger Principles of Biochemistry* (3rd ed.). New York: Worth Publishing. ISBN 978-1-57259-153-0.
- [17]. BBC. Retrieved 1 February 2007. Archived from the original on 1 January 2007.
- [18]. Valtin, Heinz (2002). ""Drink at least eight glasses of water a day." Really? Is there scientific evidence for "8 × 8"?. *American Journal of Physiology. Regulatory, Integrative and Comparative Physiology*. 283 (5): R993–R1004.
- [19]. <https://bignet.in/blog/495/what-are-the-advantages-and-disadvantages-of-nutrition-in-english>.
- [20]. Food and Nutrition Board, National Academy of Sciences. *Recommended Dietary Allowances*, revised 1945. National Research Council, Reprint and Circular Series, No. 122, 1945 (Aug), pp. 3–18.
- [21]. <https://bignet.in/blog/495/what-are-the-advantages-and-disadvantages-of-nutrition-in-english>