

## Winnipeg Nutritionist

Winnipeg Nutritionist - The lack of important nutrients in the diet would result in various conditions which fall under nutritional diseases. Often, these illnesses could be commonly connected with chronic malnutrition. Problems like for example obesity caused by too much eating can likewise considerably contribute to serious health problems. Acute poisoning can be caused by too much intake of various nutrients.

### Metabolic

When the body consumes too many calories than the amount of work out the body is performing, obesity can occur due to a distorted energy balance. It could cause health problems like for instance cardiovascular disease and diabetes. Obesity can result in different health problems and an increased mortality.

One of the significant factors in obesity is the generally affordable low-cost food which is offered to the poor in affluent countries. These fast foods are low in nutritional value, high in fats and high in additives and sugars. In wealthy nations, obesity is often regarded as a sign of malnutrition and poverty. On the other hand, within poorer nations, obesity is normally connected with wealth and good nutrition. Other reasons of obesity comprise: lack of sleep, heredity, lack of exercise and stress. Acute overeating can also be a symptom of an eating disorder, like Bulimia.

The intake of Goitrogenic foods can result in goitres by interfering with iodine uptake in the body.

### Vitamins and Micronutrients

When the body experiences overly high storage levels of vitamins, vitamin poisoning can happen causing toxic symptoms. The various names of the conditions will be derived from the name of the vitamin involved. For instance, hypervitaminosis A means an excess of vitamin A in the body. Iron overload disorders are diseases which take place caused by too much iron in the body and the inability for this nutrient to exit, hence causing a dangerous build up. Haemochromatosis is an instance and the organs that can be affected include the the heart, the liver and the endocrine glands.

### Deficiencies

When certain nutrients are not available to the system, severe health problems are likely to occur. Deficiencies in fats, carbohydrates and proteins for instance, can result in protein energy malnutrition known as Kwashiorkor disease. Mental retardation and Marasmus may also result. When vitamins and minerals are restricted from the food intake to poor nutrition, illnesses like Rickets, Calcium Osteoporosis, Iodine Deficiency or Goitre, Beriberi, Tetany, Selenium deficiency, Anaemia or Iron deficiency and Zinc Growth Retardation among others can occur.